

# COVID-19 (Coronavirus)

Clean hands can stop germs from spreading from your workplace to your home.



**Wet** your hands with clean, running water, and apply soap.



**Lather** your hands by rubbing them together. Lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds.



**Rinse** well under clean, running water.



**Dry** your hands using a clean towel or air-dry them.



**Don't** use bare hands to turn off the tap, use a paper towel or your elbow.

For more information, please visit  
[www.Lni.wa.gov](http://www.Lni.wa.gov)



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