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COVID-19 (Coronavirus Disease 2019)

Practice Good hand Hygiene

- Wash your hands regularly with soap and water for 20 seconds.
- Avoid touching your face with your hands.

How to Properly Wash your Hands

- Palm to palm
- Between fingers
- Back of hands
- Base of thumbs
- Base of fingers
- Fingernails
- Wrists
- Wash for 20 seconds; rinse then dry