

+ STOP THE SPREAD OF COVID-19 +



WASH YOUR HANDS

**THE MOST IMPORTANT WAY YOU
PREVENT THE SPREAD OF INFECTION**

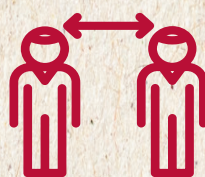
TOTAL TIME: 20+ SECONDS

- 1 WET YOUR HANDS.**
- 2 APPLY SOAP BY RUBBING PALM TO PALM.**
- 3 CLEAN YOUR HANDS FRONT AND BACK WITH INTERLACED FINGERS.**
- 4 SCRUB YOUR THUMBS AND FINGERTIPS.**
- 5 RINSE.**
- 6 DRY THOROUGHLY.**

**MY  COMMUNITY IS
SAFER BECAUSE I DO MY PART.**



**WASH YOUR
HANDS**



**STAY
APART**



**WEAR A
MASK**

SEE ALL SAFETY GUIDELINES: [Z.UMN.EDU/COVID19](https://z.umn.edu/covid19)