

How to: Wash Your Hands

Keeping your hands clean can stop the spread of illness, including COVID-19.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. Studies show there is no added health benefit to using antibacterial soap compared to plain soap in a non-health care setting.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Always wash hands with soap and water if hands are visibly dirty.



Wet your hands with water.



Apply enough soap to cover your hands.



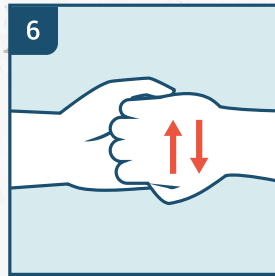
Rub your hands palm to palm.



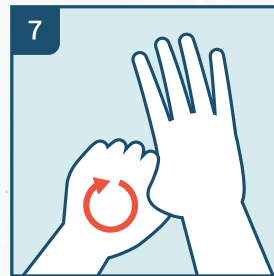
Scrub the backs of your hands.



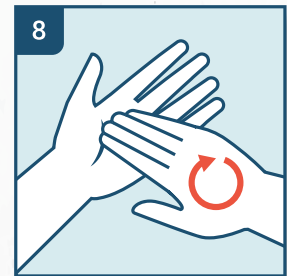
Clean in between your fingers.



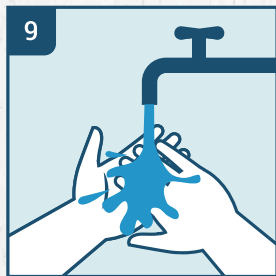
Scrub the backs of your fingers.



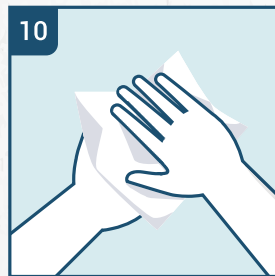
Wash your thumbs.



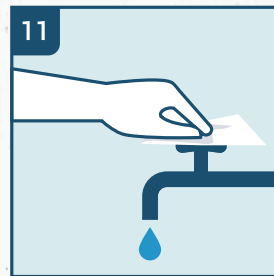
Clean your fingernails and fingertips.



Rinse well.



Dry thoroughly with a clean towel.



Use the towel to turn off the faucet.



Your hands are now clean.

Check out www.BlueOptionSC.com/COVID-19 for more information.

Blue OptionSM

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