

## PROPER HANDWASHING TECHNIQUE

**REMEMBER: KILL ALL THE VIRUS ON YOUR HANDS, A QUICK SCRUB AND A RINSE WON'T CUT IT**

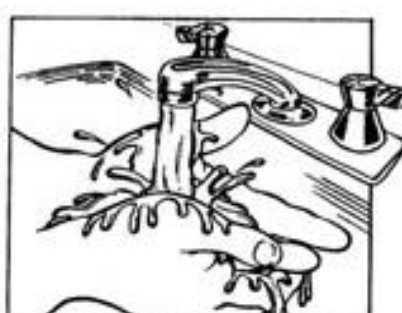
Follow these 5 simple steps to effectively wash your hands often and correctly!



1. Wet hands with soap and warm water.



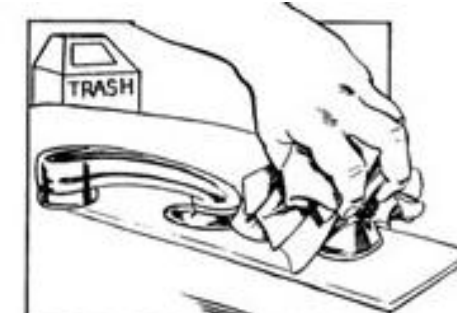
2. Rub hands for 20 seconds. Get under fingernails and between fingers.



3. Rinse under warm running water.



4. Dry hands on your own clean towel.



5. Turn off water with paper towel. Throw towel away.

## THE STEPS OF PUTTING ON MASKS AND GLOVES

**MASK SHOULD BE REPLACED ONCE A WEEK OR IF TORN/SOILED; WHICHEVER OCCURS FIRST**

**REMEMBER: MASK SHOULD BE PUT ON FIRST, THEN PUT GLOVES ON**



**Step 1:**  
Wash Your Hands for 20 Seconds



**Step 2:**  
Hold the mask via the ear loops, and ensure that it covers your mouth and nose. Then place the loops over your ears.



**Step 3:**  
Pinch the metal strip or stiff edge of mask so that it takes the shape of your nose bridge. Adjust to fit snugly around your face with no gaps. Avoid touching mask until removal.



**Step 4:**  
Put on gloves slowly to avoid ripping. Ensure a snug fit. Check for holes or tears after they are on.

## THE STEPS OF REMOVING GLOVES AND MASK

**REMEMBER: TAKE YOUR GLOVES OFF FIRST, THEN TAKE MASK OFF**



**Step 1:**  
Grasp outside edge of glove near wrist. Peel glove away from hand, turning glove inside out. Hold removed glove in opposite gloved hand



**Step 2:**  
Slide ungloved finger under the wrist of the other glove. Peel off from inside creating a bag for both gloves. Throw Away.



**Step 3:**  
To remove mask, using ungloved hands, grasp the ear loops and lift away from face.



**Step 4:** Carefully fold the mask over so the outer sides are touching each other. Consider marking the outer edge with a marker to reduce confusion.



**Step 5:** Place folded mask in a clean paper bag. (Do not use plastic bags) If mask is soiled or torn, please throw away.

**Masks should be replaced weekly.**



**Step 6:** Wash your hands thoroughly for 20 seconds.