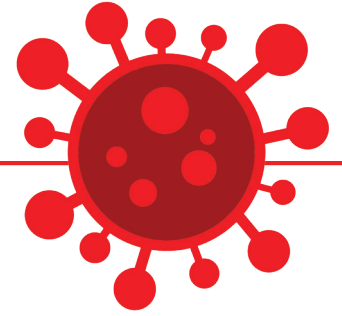
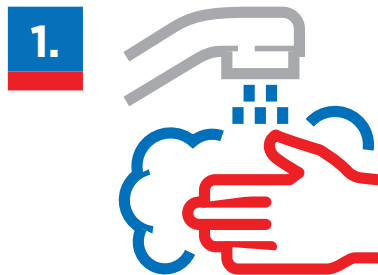


# The Power of Handwashing

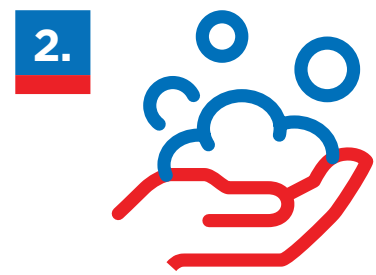


Keeping hands clean is one of the most important steps to avoid getting sick and spreading germs, which can live on touch surfaces a long time. People frequently touch their eyes, nose and mouth – letting germs in without even realizing it.

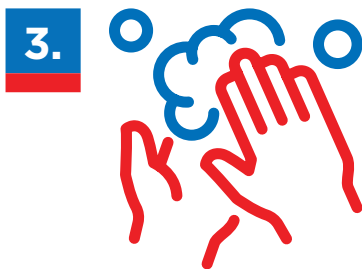
**When you wash your hands, you reduce the risk of COVID-19 transmission.**



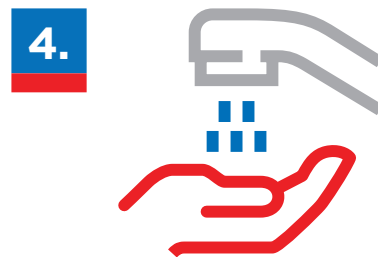
**Wet** your hands and apply soap.



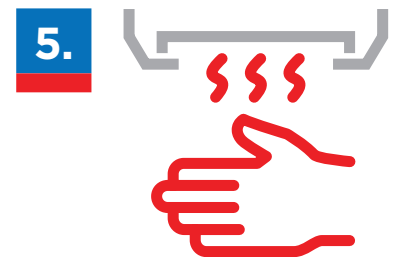
**Lather** vigorously.



**Scrub** for 20 seconds.



**Rinse** your hands.



**Dry** hands.



**Handwashing Video**  
Centers for Disease Control and Prevention