Keeping Michigan Informed
Novel Coronavirus 2019 (COVID-19)

Wash your hands often with soap and water for at least 20 seconds.

1. WET HANDS
2. LATHER
3. SCRUB: 20 SECONDS
4. RINSE
5. DRY HANDS

Key times to wash your hands:

BEFORE
• preparing food
• eating food
• putting on a mask

AFTER
• using the toilet
• blowing nose
• coughing or sneezing
• taking off a mask
• handling pets
• touching garbage

For more information, visit spectrumhealth.org/covid19

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