



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