

# REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



@abmetis @albertametis



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs



For more information visit: [alberta.ca/covid19](https://alberta.ca/covid19). If you have health concerns, call Health Link by dialing 811.