

**COVID-19  
CORONAVIRUS**

# HANDWASHING 101

## #STOPTHESPREAD



National  
Retail  
Association

### STEP 1

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



### STEP 2

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



### STEP 3

Scrub your hands for at least 20 seconds. Hum the entire "Happy Birthday" song twice to keep time. Rinse your hands well under clean, running water.



### STEP 4

Dry your hands using a clean towel or let them air dry.

