

HOW CAN I PROTECT MYSELF FROM COVID-19?

WASH YOUR HANDS!



**1 WET
HANDS**



**2 APPLY
SOAP**



**3 SCRUB
20 SECONDS**



**4 RINSE
UNDER
WATER**



**5 DRY WITH
CLEAN
TOWEL**



**CLEAN
HANDS!**

for more information visit: health.pa.gov