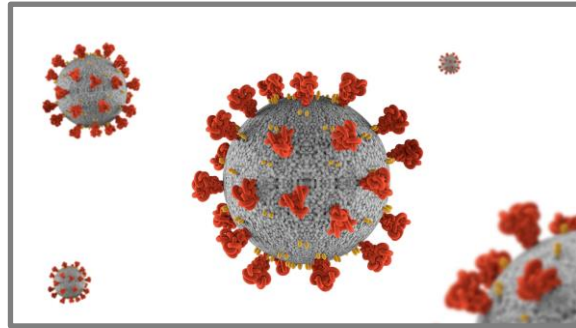


Prevent the Spread of COVID-19



Best Way to Wash Your Hands

Handwashing is the best way to rid your hands of viruses. Whether it's a coronavirus leading to a foodborne illness such as norovirus or a respiratory illness caused by the novel COVID-19 virus, protection is the same, wash your hands.

It's vital to follow a science-based protocol for washing your hands.

- Wet your hands and turn off the tap. Add soap, scrubbing for twenty seconds. Practice getting all areas of your hands, wrists and under nails. Many people do a better job washing their non-dominant hand. Be mindful of your process. Practice with your children.
- Next, rinse your hands under running water.
- The last step, drying is often overlooked. Use a paper towel.

Stay Home, Stay Safe, Stay Healthy

B. Susie Craig

Contributors: Zena Edwards, Lizann Powers, Margaret Viebrock, Darrell Kilgore, Matt Ziegler