

Hand-washing

is a critical practice to preventing the spread of germs and viruses.

Follow the below instructions every time you wash to ensure full cleanliness.

1

Wet your hands

with running water—either hot or cold.

2

Apply soap, lather

and wash hands for at least 20 seconds.

3

Dry your hands

and try to turn off the faucet and open the door with a paper towel.

Wash your hands properly to

help avoid illness this season.

cwservices.com/hand-washing

