

# **VIRUS**

## **PREVENTION**

### **WASH YOUR HANDS**

The CDC maintains proper handwashing is the best defense against **COVID-19** and other viruses. Use the following handwashing technique to help protect yourself, your team, and your shoppers.

**1.**

Wet your hands with clean, running water and apply soap.

**2.**

Lather soap on the backs of your hands, between your fingers, and under your nails.

**3.**

Scrub your hands for at least 20 seconds—the time it takes to sing the “Happy Birthday” song twice!

**4.**

Rinse hands well under clean, running water and dry them using a clean towel or let them air dry.

**5.**

Use the paper towel to turn off the faucet and open the door on your way out.



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