

HOW TO WASH YOUR HANDS



USE SOAP



PALM TO PALM



BACK TO HANDS



FINGERS INTERLACED



BASE OF THUMBS



FINGERNAILS



RINSE HANDS



DRY HANDS



Artful Journeys wishes you and your loved one good health.

Hand washing is always important, but especially now. Wash your hands for 20 seconds, regularly. Note that soap works ideally in combination with scrubbing and heat, but cold water works far better than nothing. You do not need antibacterial soap; the coronavirus is a virus, not a bacterium.