

Defeat Corona Virus Today

DID YOU KNOW there is a right and wrong way to wash your hands? By following these tips you can help protect yourself and others by preventing the spread of germs. #properhandwashing #preventionbetterthancure #fightnCov #stopCoronaVirus #RobertandChristyTeamCares #RobertandChristyTeam #DoitRight



- ☐ Rub palms together
- ☐ Rub the back of both hands
- ☐ Interlace fingers and rub hand together
- ☐ Interlock fingers and rub the back of fingers and hands
- ☐ Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands
- ☐ Rub fingertipson palm for both hands
- ☐ Rub both wrists in a rotating manner