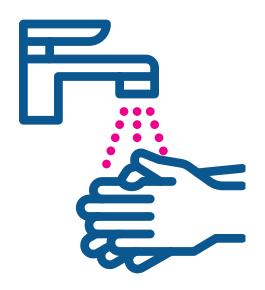# COVID-19

Clean your hands to prevent the spread of germs

15 to 30 seconds with soap & water

Or with alcohol-based hand sanitizer

Don't touch your face with unwashed hands

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