



WASH YOUR HANDS FOR 20 SECONDS

According to the Centers for Disease Control and the World Health Organization, washing your hands provides excellent protection against COVID-19 (as well as other pathogens), however, **you need to scrub with soap for 20 seconds to remove those pathogens.**

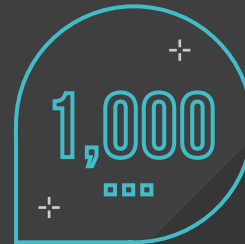
20 SECONDS IS EQUIVALENT TO



SINGING HAPPY BIRTHDAY TWICE

*Or the chorus of your
favorite artist's song stuck
in your head today!*

OR



RECITING "ONE-THOUSAND" AFTER EACH NUMBER

*One-one-thousand, Two-one
-thousand, Three-one-thousand,
etc...*