### Hand Washing

**Tips from behavioral scientists to reduce the spread of COVID-19**

<table>
<thead>
<tr>
<th>Help Others</th>
<th>Create a Good Habit</th>
<th>Have a Plan</th>
<th>Timing Matters</th>
<th>Good Citizen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washing your hands limits the spread of the virus</td>
<td>When you enter your home, make it a habit to wash your hands</td>
<td>Always have a plan to:</td>
<td>At least 20 seconds is advised</td>
<td>Other people are washing their hands</td>
</tr>
<tr>
<td>Think of whom you are protecting</td>
<td>Post reminders throughout your home</td>
<td>Wash after:</td>
<td>Sing the <em>Happy Birthday</em> song twice</td>
<td>Do your part</td>
</tr>
<tr>
<td>Good habits can help reopen our societies</td>
<td>Think in advance that you will open the door, go to the sink, and wash your hands</td>
<td>Wash before:</td>
<td>Use a timer:</td>
<td>Please don’t cheat</td>
</tr>
</tbody>
</table>

- **Wash after:**
  - entering the house
  - decontaminating your:
    - cell phone
    - debit/credit cards
    - grocery bags
  - using the bathroom

- **Wash before:**
  - preparing food
  - eating
  - providing personal care
  - touching your face

More information is available here: [https://wp.me/p8IxYp-1AU](https://wp.me/p8IxYp-1AU)