

#StopTheSpread

Wash your hands before and after entering the gym to help stop the spread of germs!

# Handwashing 101

**Source:**  
World Health  
Organization

**01**

Wet your hands before applying soap.



**02**

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



**03**

Wash your hands for at least 20 seconds.



**04**

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.

