

# Protect yourself and others from COVID-19



[www.unitedfresh.co.nz](http://www.unitedfresh.co.nz)

## Washing your hands kills the virus

Wet



Wet your hands under clean running water. Use warm water if available.

Soap



Soap and scrub backs of hands, wrists, between fingers, under fingernails for **20 seconds**.

Rinse



Rinse all the soap off under clean running water. Use warm water if available.

Dry



Dry your hands all over for **20 seconds**. Using a paper towel is best or, if at home, a clean dry towel.

Unite against Covid-19  
Find out more at  
[www.covid19.govt.nz](http://www.covid19.govt.nz)

Unite  
against  
COVID-19