

SOUTHWEST MINNESOTA STATE UNIVERSITY  
**MUSTANGS RETURN**

**HELP PREVENT THE SPREAD OF**

**COVID-19**

**WASH YOUR HANDS FREQUENTLY**

**1. WET WITH WATER**

**2. LATHER WITH SOAP**

**3. SCRUB FOR 20 SECONDS**

**4. RINSE WITH WATER**

**5. DRY WITH A CLEAN CLOTH OR AIR DRY**



Frequent hand washing is a precautionary step to help slow the spread of COVID-19. While it doesn't guarantee you won't get sick, it does help!



[www.SMSU.edu/mustangsreturn](http://www.SMSU.edu/mustangsreturn)