



Wash Your Hands 30 Sec PSA

In the time it takes to listen to this message, you can do your part to protect yourself and others from coronavirus – just by washing your hands.

Washing your hands with soap and warm water is still one of the most effective ways to prevent the spread of respiratory infections and limit germs found on commonly touched surfaces and objects.

So here's to doing your part 30 seconds at a time: Wet your hands, lather, scrub, rinse, and dry.

For more information, visit our website at Alabama-Public-Health-dot-gov.

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