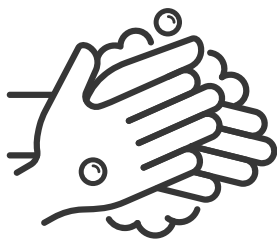


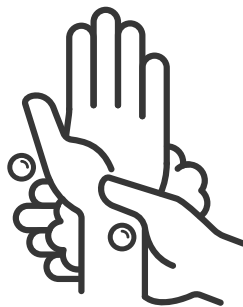
LET'S PROTECT EACH OTHER!

HEALTHY HANDWASHING

A perfect scrub is:



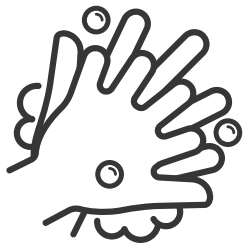
Palms



Backs



Fingers



Between Fingers



Under Nails



At least 20 seconds

Hum happy birthday twice



Download the CARE19 app
to track COVID-19 exposure
in North Dakota

