

WORLD CUP
2026

Hand Hygiene

Protect Yourself and Others

How to Properly Wash Your Hands:

- 1** Wet hands with clean, running water.
- 2** Apply enough soap to cover all hand surfaces, and lather for at least 20 seconds.
- 3** Scrub the palms, back of hands, between fingers, and under nails.
- 4** Rinse hands under running water.
- 5** Dry hands with a clean towel or air dry.

Why It Matters

Millions of people from around the world will be visiting. Keeping our hands clean helps prevent the spread of:

- COVID-19
- Flu
- Stomach bugs
- Common colds
- Skin infections



STAY GAME DAY READY. STAY HEALTHY.

Washing your hands is one of the easiest and most effective ways to stay safe during the World Cup.