



# Wash Your Hands!

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.

## FOLLOW THESE 5 STEPS EVERY TIME



**1. Wet your hands** with clean, running water (warm or cold), and apply soap.



**2. Lather your hands** by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



**3. Scrub your hands** for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.



**4. Rinse your hands** well under clean, running water.



**5. Dry your hands** using a clean towel, or air dry them.

Use an alcohol-based hand sanitizer only if soap and water are not available.