

How to wash your hands

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- 1.Wet** your hands with clean, running water (warm or cold), turn off the tap, 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 from beginning to end twice.
- 4.Rinse** your hands well under clean, running water.
- 5.Dry** your hands using a clean towel or air dry them.

handwashing



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