

How To Wash Your Hands

5 Easy Steps

Step 1

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Step 2

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



Step 3

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Step 4

Rinse your hands well under clean, running water.



Step 5

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

