

STOP GERMS

Wash Your Hands

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. But you have to be thorough and do it often! Here's how to wash your hands in 5 quick steps.

1

Wet your hands with clean water and apply soap while your hands are out of the water.



2

Lather your hands by rubbing them together with the soap. Make sure you get the backs of your hands, between your fingers and thumbs, and under your nails.



3

Scrub your hands for at least 20 seconds. Need a timer? Try humming the 'Happy Birthday' song twice.



4

Rinse your hands well with clean water.



5

Finally, dry your hands using a clean cloth, or paper towel or air dry them. Do not dry hands on clothing.



No soap and water?

Use enough hand sanitizer to wet both hands completely and rub your hands together for 20 seconds or until dry.

