

PLEASE WASH YOUR HANDS

FOLLOW THESE FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY

Washing your hands is the most effective ways to prevent the spread of germs. Clean hands can prevent germs from spreading. Follow these five steps every time.

- 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.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, an alcohol-based hand sanitizer that contains at least 60% alcohol can be used instead.

