



WASH YOUR HANDS OFTEN TO STAY HEALTHY

- **Wet your hands** with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather your hands** by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub your hands for at least 20 seconds.** Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse your hands** well under clean, running water.
- **Dry your hands** using a clean towel or air dry them.

