

## Follow These Five Steps to Wash Your Hands the Right Way



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading

from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

1. **Apply** soap to one hand, then **wet** both hands with clean, running water (warm or cold), turn off the tap.
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 paper towel or air dry them.

\* Use hand sanitizer when you can't use soap and water.

### How to use hand sanitizer:

1. **Apply** the gel product to the palm of one hand (read the label to learn the correct amount).
2. **Rub** your hands together.
3. **Rub** the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

## Follow These Five Steps to Wash Your Hands the Right Way



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading

from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

1. **Apply** soap to one hand, then **wet** both hands with clean, running water (warm or cold), turn off the tap.
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 paper towel or air dry them.

\* Use hand sanitizer when you can't use soap and water.

### How to use hand sanitizer:

1. **Apply** the gel product to the palm of one hand (read the label to learn the correct amount).
2. **Rub** your hands together.
3. **Rub** the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>