

# WASH YOUR HANDS THE RIGHT WAY

Doctors agree: Washing your hands is one of the most effective ways to reduce the risk of spreading disease.

## FOLLOW THESE STEPS



**Wet** your hands with clean running water and apply soap.



**Lather** your hands. Don't forget the **backs of your hands, between your fingers and under your nails.**



**Scrub** your hands for **at least 20 seconds.** (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.



If you don't have access to soap and water, **use hand sanitizer** and rub for **at least 20 seconds.**

# W