

AVOID THE SPREAD OF GERMS

The Importance of Handwashing

Follow these five steps every time you wash your hands.

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.


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