

Have you washed your hands?



Hand washing is the most important step toward preventing disease.

How to wash hands properly:

- Wet hands with clean, running water
- Apply soap
- Rub hands together to make a lather and scrub well
 - Make sure to include backs of hands, between fingers, and under fingernails
- Rub hands at least 20 seconds
 - (About the time it takes to sing the “Happy Birthday” song twice through)
- Rinse hands thoroughly
- Dry hands using a clean paper towel or air dry them