

Wash hands for health

Having clean hands is one of the most important things you can do to prevent getting sick and spreading disease-causing germs. That's why technique matters.

Add water & soap: Wet hands with clean, running water (warm or cold) and apply soap.

Lather up: Lather all parts of your hands well by rubbing them together.

Sing a song: Scrub for at least 20 seconds or sing "Happy Birthday" twice.

Rinse & dry: Rinse well under clean, running water. Dry hands using a clean towel or air-dry them.

Option: If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

