

FOLLOW THESE SIX STEPS EVERY TIME TO PROPERLY WASH YOUR HANDS.



WET your hands with clean, running water, turn off the tap, and apply soap.



LATHER your hands by rubbing them together with the soap.



SCRUB the backs of your hands, between your fingers, and under your nails.



SCRUB your hands for at least 20 seconds. Hum "Happy Birthday" from beginning to end twice.



RINSE your hands well under clean, running water.



DRY your hands using a clean towel or air dry them.

**Information from the Center for Disease Control and Prevention*

For more information please visit, www.cdc.gov.

