



Wash your hands

Every time, before you leave.

Scrub for at least 20 seconds

1

Wet

Clean running water, warm or cold.

2

Lather

Soap on the backs, between fingers, under nails.

3

Scrub for 20 seconds

Hum "Happy Birthday" twice.

4

Rinse

Under clean, running water.

5

Dry

Use a clean towel or air dryer.