



How to Wash Your Hands

Proper hand washing can greatly reduce the chances of spreading or getting germs. It is your most important defense against getting sick.

What is the correct way to wash your hands?

- ✓ **Wet your hands with warm running water and apply soap**
- ✓ **Rub your hands together vigorously and scrub all surfaces**
- ✓ **Continue for at least 20 seconds or about the length of a little tune**
- ✓ **Rinse well and dry your hands**