

# Handwashing 101



1

Wet hands with clean water (warm or cold), and apply soap.



2

Lather hands by rubbing them together, wash back of hands, between fingers, and under nails with soap.



3

Scrub hands for at least 20 seconds (Hum the “Happy Birthday” song twice).



4

Rinse hands under clean water.



5

Dry hands using a clean towel or an air dryer.

For more information visit: [shorturl.at/iOvHx](https://shorturl.at/iOvHx)

