

# Have you washed your hands?



**Hand washing is the most important step toward preventing disease.**

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## **How to wash hands properly:**

- Wet hands with clean, running water
- Apply soap
- Rub hands together to make a lather and scrub well
  - Make sure to include backs of hands, between fingers, and under fingernails
- Rub hands at least 20 seconds
  - (About the time it takes to sing the “Happy Birthday” song twice through)
- Rinse hands thoroughly
- Dry hands using a clean paper towel or air dry them



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**Health**