Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy!

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

LATHER your hands by rubbing them together with soap. Don't forget the backs of your hands, under nails, and between fingers!

SCRUB your hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

RINSE hands well under clean, running water.

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