

5 STEPS to Wash Your Hands



WET your hands with water.
Apply soap.



LATHER hands by rubbing
them together with soap. Scrub
backs of hands, between fingers
and under nails.



SCRUB hands for at least
20 seconds.



DRY hands using a clean towel
or air dry them.



Need a timer? Hum the
“Happy Birthday” song from
beginning to end twice.

Always Wash Hands

After using the bathroom

Before, during and after
preparing food

Before eating

Before and after caring for
someone sick

After changing diapers or
cleaning a child

After touching your nose,
eyes or mouth

After touching an animal, its
food or waste

After touching garbage

Don't Forget

Cover your cough/sneeze
with your elbow or tissue

Use hand sanitizer if soap
and water are not available

Avoid touching your nose,
eyes or mouth



INFORMATION ABOUT HEALTH AND
SAFETY PROTOCOLS AND LA COUNTY
PUBLIC HEALTH ORDER

www.cpp.edu/saferreturn