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.

**RINSE** hands with water.

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

**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

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