HOW TO WASH YOUR HANDS
PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS

1. Wet your hands with clean, running water (warm or cold).
2. Apply soap.
3. Lather the backs of your hands, between your fingers, and under your nails.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air-dry them.

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