

Wash Your Hands



ONE OF THE MOST IMPORTANT STEPS YOU CAN TAKE TO HELP YOURSELF AND OTHERS FROM GETTING SICK IS TO WASH YOUR HANDS.

The correct way to wash your hands and prevent infection:

1. Remove any jewelry from hands.
2. Wet your hands with warm or cold, clean, running water.
3. Use soap and lather the front and back of your hands. Make sure you get in between your fingers and under your nails.
4. Scrub your hands for 20 seconds or hum the "Happy Birthday" song twice.
5. Rinse well under clean, running water.
6. Air dry hands or use a clean towel.

NO SOAP?

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

It is important to note that alcohol-based hand sanitizers don't kill all germs. Do NOT use hand sanitizer if your hands are visibly dirty or greasy; for example, after playing outdoors (unless a handwashing station is not available). Wash your hands with soap and water instead.



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