

Proper handwashing is easy AND the first line of defense against disease!

When should you wash your hands?

Wash your hands frequently, before and after activities such as caring for someone who is sick, treating a wound, using the toilet, helping a child use the bathroom, coughing or sneezing, blowing your nose, and eating.

How to wash your hands:

1. Wet your hands with clean, running water
2. Apply the soap and lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for 20 seconds. To keep track of time, sing the ABCs or the Happy Birthday song.
4. Rinse your hands under running water
5. Dry your hands with a clean towel or air dryer

