

Clean Your Hands the Right Way

Proper hand hygiene makes it less likely you'll get sick by touching your eyes, nose, or mouth. It also makes it less likely you'll spread germs to others.

WASH WITH SOAP:



1. Run clean water over hands. **Apply soap.**



2. Rub hands together for **20 seconds**, getting soap on all areas.



3. **Rinse hands** with clean water, and dry with a towel or air dry.

USE HAND SANITIZER:



1. Apply sanitizer that's **at least 60% alcohol** to your hands.



2. Rub the front and back sides of your hands **until sanitizer is dry.**



3. Do **not** dry with a towel.