PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.

1. Wet your hands with warm running water
2. Add soap and scrub for 15–20 seconds
3. Wash backs, thumbs, between fingers, and under nails
4. Rinse off soap under running water
5. Dry your hands with a clean towel
6. Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.