

Seven Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

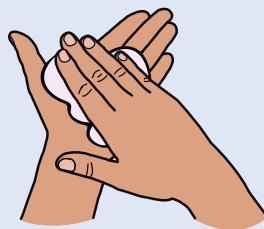
How to Wash Hands Properly

1



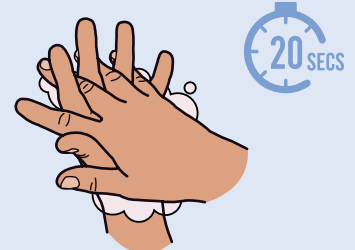
Wet your hands with clean, running water (preferably warm water), turn off the tap, and apply soap.

2



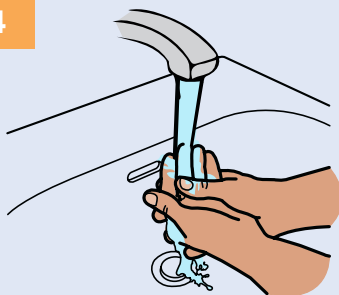
Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3



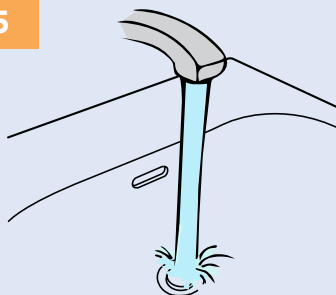
Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

4



Rinse your hands well under clean, running water.

5



Leave the water running.

6



Dry your hands using a clean paper towel.

7



Use the paper towel to turn off the water.