



Wash your hands

You and those around you should clean hands often, especially after touching things or surfaces, before eating and after going to the bathroom. No matter where you are, regular cleaning of your hands is always a good idea.

Did you know:

Consistently washing your hands is the best way to prevent the spread of infectious germs in your home and at school?

How to wash your hands:

1. **Wet:** Wet your hands with warm water (not too hot and not too cold).
2. **Lather:** Use enough liquid soap (or bar soap) to cover both hands.
3. **Wash:** Rub fronts and backs of hands and in-between fingers. Hum or sing "Twinkle, twinkle, Little Star" while washing to remind you to scrub for a full 20 seconds.
4. **Rinse:** Rinse hands well under running water.
5. **Dry:** Dry with a clean towel or air dryer. If using a paper towel to dry your hands, also use it to turn off the sink.

How to wash with alcohol-based gel:

1. **Gel:** Squirt the alcohol-based gel (or foam) into a cupped hand.
2. **Rub:** Rub it all over both hands – fronts and backs, and in-between fingers.
3. **Dry:** Continue rubbing all over your hands until they are completely dry (usually about 20-30 seconds).

Clean hands often, especially after touching things or surfaces, before eating and after going to the bathroom. It only takes 20 seconds to properly clean your hands and kill harmful germs using soap and water or an alcohol-based hand gel (or foam).