

Commit to Clean: The Five Steps of Handwashing

Sometimes the smallest habits, like frequent handwashing, can make the biggest impact in keeping us all safe and healthy.

Here's the best way to get rid of those germs!



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



Lather your hands by rubbing them together with the soap.

(Tip: Be sure to lather the backs of your hands, between your nails.)



Scrub your hands for at least 20 seconds.

(Tip: Hum the "Happy Birthday" song from beginning to end twice.)



Rinse your hands thoroughly under running water.



Dry your hands using a clean towel or air dry them.

Do your part.

Encourage others to clean their hands, too!

Source: Centers for Disease Control and Prevention