HAND WASHING Stay healthy. Wash your hands!

Get your hands wet.



Scrub fingertips and between fingers.



Put on soap.



Scrub just below your wrists.



Rub soapy hands for as long as it takes to sing "Happy Birthday" two times or about 20 seconds.



Rinse off.



Dry your hands with a paper towel.



Turn off water with the towel. Throw the towel away.



