

FOLLOW FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY

<https://www.cdc.gov/handwashing/when-how-handwashing.html>



1. WET YOUR HANDS
with clean, running water
(warm or cold), turn off
the tap, and apply soap.



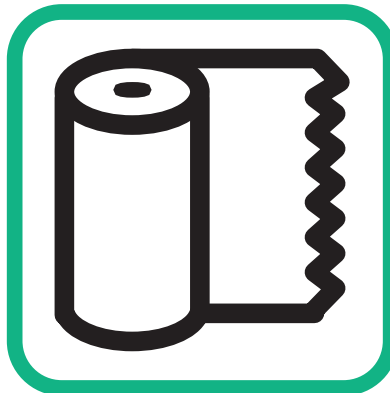
2. LATHER YOUR HANDS
by rubbing them together
with soap. Lather the backs
of your hands, between your
fingers, and under your nails.



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. DRY YOUR HANDS
using a clean towel
or air dry them.



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