GOOD HEALTH STARTS HERE

HOW TO WASH YOUR HANDS

1. WET your hands with clean, running water and apply soap.
2. LATHER your hands by rubbing them together with the soap.
3. SCRUB your hands for at least 20 seconds.
4. RINSE your hands well under clean, running water.
5. DRY your hands using a clean paper towel.

WHY

• Hand washing is one of the best ways to protect yourself, your family and others from getting sick.
• It's one of the most effective ways to prevent the spread of germs.

Source: https://www.cdc.gov/features/handwashing/