

WASH YOUR HANDS THE RIGHT WAY

Doctors agree: Washing your hands is one of the most effective ways to reduce the risk of spreading disease.

FOLLOW THESE STEPS



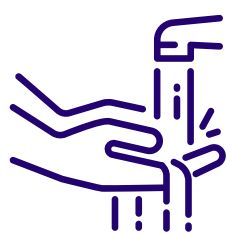
Wet your hands with clean running water and apply soap.



Lather your hands. Don't forget the **backs of your hands, between your fingers and under your nails.**



Scrub your hands for **at least 20 seconds.** (Hum the "Happy Birthday" song from beginning to end twice.)



Rinse your hands well under clean running water.



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



If you don't have access to soap and water, **use hand sanitizer** and rub for **at least 20 seconds.**

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