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**.