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

FOLLOW THESE 5 STEPS

1. **Wet** your hands with clean running water and apply soap.

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

3. **Scrub** your hands for at least 20 seconds. (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.