

Did you wash your hands?

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.



WET

Wet hands under clean, running water.



WASH

Scrub hands with soap for 20 seconds.



RINSE

Rinse hands under clean, running water.



DRY

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