

What is the right way to wash your hands?

Remember these 5 steps when washing your hands:



1. **WET** your hands with clean running water (warm or cold) and apply soap.
2. **LATHER** your hands by rubbing them together with the soap.
3. **SCRUB** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds.
Need a timer? Hum the “Happy Birthday” song twice.
4. **RINSE** your hands under clean, running water.
5. **DRY** your hands using a clean towel or air dry them.

These helpful tips are provided by the CDC and FMX. Print and post them prominently to help keep your employees and building occupants safe.

