

Hand-washing 101



95% of Americans wash their hands incorrectly.

Here's how to keep yourself and others safe by practicing effective hand hygiene.

6 simple steps



1. Use warm water and lather your hands with soap for at least 20 seconds.

(That's as long as it takes to hum the "Happy Birthday" song twice.)



2. Wash both the top and bottom of your hands.



3. Scrub between your fingers.



4. Wash from under your fingernails to your wrists.



5. Rinse by placing hands pointing downward under running water.



6. Dry with a clean towel or air dry.

4 facts about hand sanitizers

Hand sanitizers offer a quick way to clean your hands when soap and water aren't available. They:



- Can reduce germs, but not eliminate them.
- Are not as effective as soap and water.
- Should contain at least 60% alcohol.
- Should be purchased, not homemade, to ensure the correct mixture.

Why wash?

Hand-washing prevents the spread of germs. Want to avoid viruses? Wash your hands frequently, and avoid touching your eyes, nose or mouth.