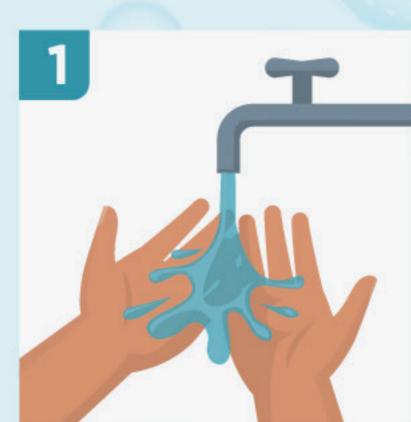


95% of Americans wash their hands incorrectly.

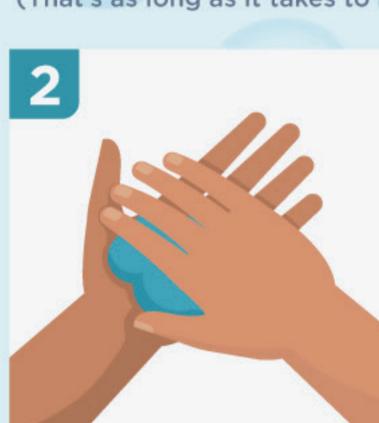
Here's how to keep yourself and others safe by practicing effective hand hygiene.

6 simple steps



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

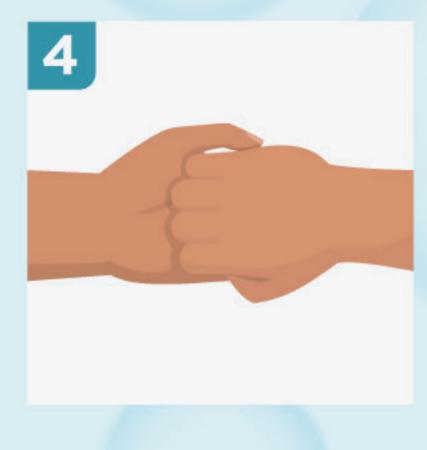
(That's as long as it takes to hum the "Happy Birthday" song twice.)



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



3. Scrub between your fingers.



4. Wash from under your fingernails to your wrists.



hands pointing downward under running water.

5. Rinse by placing



towel or air dry.

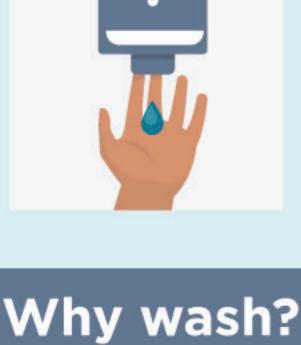
6. Dry with a clean

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

Hand-washing prevents the spread of germs. Want

to avoid viruses? Wash your hands frequently, and

avoid touching your eyes, nose or mouth.



Should contain at least 60% alcohol. Should be purchased, not homemade, to

Can reduce germs, but not eliminate them.

Are not as effective as soap and water.

- ensure the correct mixture.