Five Steps for Good Hand Hygiene

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds. (Need a timer? 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.

Use hand sanitizer when you can’t use soap and water
- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.
- Caution! Keep alcohol-based hand sanitizers out of reach of young children and supervise their use. Hand sanitizers can be harmful if swallowed.