

Everything You Need to Know About Handwashing You Probably Learned in Preschool

- 1 Wet your hands and apply liquid, bar, or powder soap.
- 2 Rub hands together vigorously to make a lather and scrub all surfaces.
- 3 Continue for 20 seconds – It takes that long for the soap and scrubbing action to dislodge and remove stubborn germs. Need a timer? Imagine singing “Happy Birthday” twice through to a friend!
- 4 Rinse hands well under running water.
- 5 Dry your hands using a paper towel or air dryer.
- 6 If possible, use your paper towel to turn off the faucet.

Remember: If soap and water are not available, consider using alcohol-based wipes or gel formulas to clean hands!

