WASH YOUR HANDS THE RIGHT WAY.

Doctors agree: Washing your hands is one of the most effective ways to reduce the risk of spreading the disease.

**Wet** your hands with clean running water and apply soap.

**Lather** your hands. Don’t forget the **backs of your hands and between your fingers**.

**Scrub** your hands for **at least 20 seconds**. (Hum the “Happy Birthday” song from beginning to end twice).

**Rinse** your hands well under clean running water.

**Dry** your hands using a clean towel or air dry them.

If you don’t have access to soap and water, use **hand sanitizer** (greater than 60% alcohol).

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