WASH YOUR HANDS THE RIGHT WAY.

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.

Turn off water with paper towel.

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

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