

Clean hands help keep you healthy!

Practicing good hand hygiene is a simple yet effective way to prevent the spread of germs and illnesses.



1
Wet your hands with clean, running water and apply soap



2
Lather hands
Don't forget your thumbs, backs of hands, between fingers and under your nails



3
Scrub for 20 seconds
Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



4
Rinse with clean, running water



5
Dry hands with clean towel, paper towel or air dry

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



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