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.