

Did You Know...

Hand Hygiene

Handwashing diligently can reduce the risk of respiratory infections such as COVID-19, the common cold, and the flu.

WASHING YOUR HANDS SHOULD INVOLVE THESE STEPS:

- 1 Wet your hands with clean, running water (warm or cold) and apply soap.
- 2 Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- 3 Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 4 Rinse your hands well under clean, running water.
- 5 Dry your hands using a clean towel or air dry them.

