Wash Your Hands
with Soap and Clean Running Water

1. Wet hands with running water, apply soap, and rub hands palm to palm.
2. Rub the back of the hands alternately.
3. Scrub between fingers.
4. Rub back of fingers alternately with the lock position.
5. Rub and rotate both thumbs alternately.
6. Rub fingertips, rinse hands and dry with a clean towel or air-dry.

Wash hands with soap and running water for 60 seconds, especially during some key times:
- Before preparing food and drink
- Before eating
- Before breastfeeding
- After coughing and sneezing
- After changing diaper
- After using toilet
- After touching animals