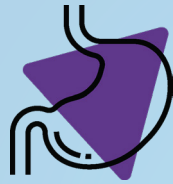


HANDWASHING

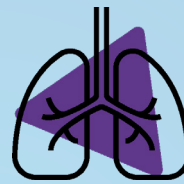
How to Wash Your Hands

Proper handwashing is one of the easiest, most effective ways to stop the spread of germs and to keep ourselves and others healthy.

According to the CDC, handwashing can:

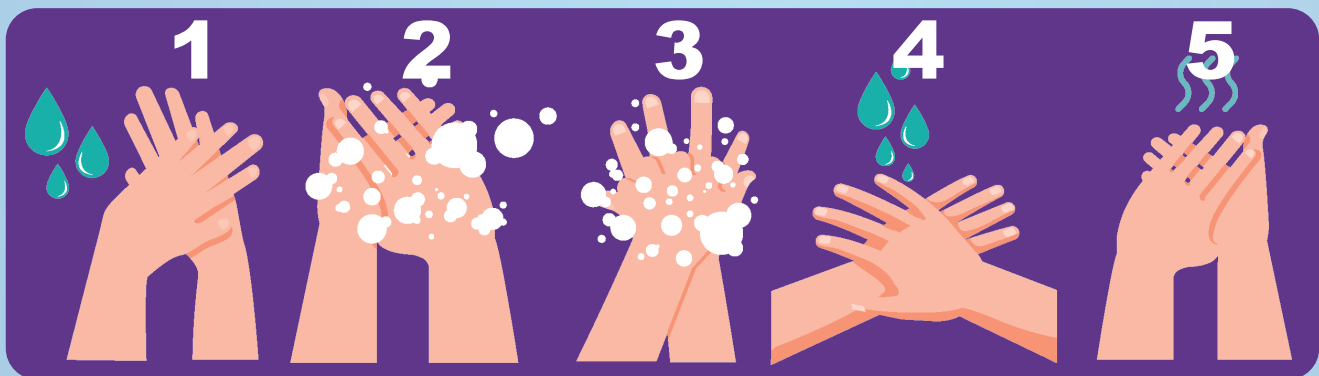


Prevent **1 in 3** cases of diarrhea



Prevent **1 in 5** respiratory infections such as cold or flu

How to Wash Your Hands



Wet hands with warm or cold running water.

Lather hands with soap by gently rubbing them together. Hand washing is about quality, not quantity, so make sure to lather all parts of your hands, including the backs, in between fingers, and under fingernails.

Rub hands for at least 20 seconds. That is about the equivalent of the "Happy Birthday" song twice.

Rinse hands under running water until no soap is present.

Dry hands with a clean towel or by air. Hands should be completely dry to limit excess moisture and the potential for bacteria growth.

Resources

<https://www.cdc.gov/handwashing/when-how-handwashing.html>
<https://www.cdc.gov/handwashing/pdf/handwashing-poster.pdf>