

5 Steps to Hand-Washing

Washing your hands is one of the most important things you can do to protect yourself and others from getting and spreading COVID-19.

Here's all you need: Just soap and water.

Remember it doesn't have to be any special type of soap.

What is important is how you wash.

Here are 5 steps to hand-washing so that your hands are really clean.

One: Wet your hands with clean, running water.

The water can be at any temperature that's comfortable for you.

Two: Get some soap.

Lather your hands by rubbing them together with the soap.

Three: Scrub!

That means the back of your hands, between your fingers, and don't forget your thumbs!

Scrub your palms and under the nails.

Do this for at least 20 seconds.

When you're standing there, it may feel like a long time.

But it can help to sing a song, such as "Happy Birthday."

Sing it twice, and that's your 20 seconds.

Four: Rinse your hands well under clean, running water.

Turn off the faucet with a paper towel or your elbow to protect your hands from any germs on the handle.

And five: Dry your hands using a clean towel, or air dry them.

That's it—five easy steps: Wet, lather, scrub for 20 seconds, rinse, and dry.

Protecting yourself and others from COVID-19 is in your hands.

So wash them!