



## How to Wash Your Hands Correctly

There's a right way to wash your hands. Follow these simple steps to keep your hands clean:

- Use warm water (not cold or hot).
- Use whatever soap you like. Antibacterial soaps are popular but regular soap works fine.
- Rub your hands together well and scrub all surfaces: Lather up on both sides of your hands, your wrists, between your fingers, and around your nails. **Wash for 20 seconds.**
- Rinse well under warm running water and pat dry with a clean towel.
- In public restrooms, consider using a paper towel to flush the toilet and open the door because toilet and door handles harbor germs. Throw the towel away after you leave.

To prevent chapping or dry skin, use a mild soap with warm water, pat rather than rub hands dry, and apply a moisturizing lotion afterward.

If soap and water aren't available, waterless hand sanitizers, soaps, or scrubs are a good alternative. They're usually available as a liquid, wipes, spray, or towelettes, and often come in small travel sizes that are perfect for keeping in your book bag, car, locker, purse, or sports bag.

Good hand washing is the key to preventing the spread of many common infections. Protect yourself by lathering up!