

HEALTH FIRST

CDC HAND WASHING RECOMMENDATIONS

- 1** Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- 2** Lather your hands by rubbing them together with the soap. Lather the backs of 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.

*Please Note: It is important to wash your hands frequently (approx every 30 minutes). You should wash your hands immediately after blowing your nose, coughing, sneezing, using the bathroom or touching public space surfaces. Wash your hands before eating or preparing food and before touching your face.