



HEALTHY AT HOME Get Informed • Get Empowered

5 Easy Steps to Effective Handwashing

Soap and running water is still the best for washing away harmful germs. Be a role model and wash your hands often. Show young children how to properly wash their hands and use praise and encouragement. When running water and soap is not available, use a hand sanitizer that is at least 60% alcohol content.

1. Wet your hands with warm running water and apply soap
2. Rub your hands together to make a lather and scrub them well. Do not forget to scrub the backs of your hands, between your fingers and under your nails
3. Continue rubbing your hands for at least 20 seconds. Try singing the "Happy Birthday" song twice.
4. Be sure to rinse your hands well under running water
5. Dry your hands using a clean paper towel or cloth

Daily Basics to Prevent Illness

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching surfaces when out in public
- Cover your cough or sneeze into a tissue and then throw the tissue away
- Stay home if you are sick and avoid others who are visibly sick
- Avoid touching your face



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