

Help prevent the spread of germs and stay healthy by washing your hands thoroughly. **Take 20 seconds** to wash your hands and decrease your risk of foodborne illness.

Follow these steps to properly wash your hands:



Wet your hands with clean, running water. Then turn off the tap to save water and apply soap.



Lather your hands completely by rubbing them together with the soap, including the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.

