



## The right way to wash your hands:

**The CDC recommends that you–**

- Wet your hands with warm water
- Apply a generous amount of soap
- Rub your hands together for 15 to 20 seconds
- Rinse your hands
- Dry hands with a paper towel
- Use the paper towel to turn off the faucet and open the door.

Alcohol-based hand wipes or gel sanitizers are also effective.