




Everything You Need to Know About Handwashing, You Probably Learned in Preschool.

1. Wet your hands with warm water and apply liquid, bar, or powder soap.
2. Rub hands together vigorously to make a lather and scrub all surfaces.
3. Continue for 15 seconds - It takes that long for the soap and scrubbing action to dislodge and remove stubborn germs. Need a timer? Sing the "ABC's" in your head, or "Happy Birthday" twice. 
4. Rinse hands well under warm running water.
5. Dry your hands using a paper towel or air dryer.
6. If possible, use a paper towel to turn off the faucet and open the bathroom door.

According to the Centers for Disease Control and Prevention, "frequent handwashing is one of the best ways to prevent the spread of infectious diseases." A common way to catch a cold or flu is to rub your eyes or nose after your hands have been contaminated with virus.