Hand Washing is Important
Washing your hands is the most significant step for preventing the spread of germs and illness. Start healthy hand washing habits today by following these easy steps!

- Use soap and warm running water.
- Lather hands with soap up to elbows; rub hands together for 20 seconds.
- Wash backs of hands, wrists, between fingers, and under fingernails.
- Use fingernail brush as specified by local health regulations.
- Rinse hands under warm running water.
- Turn off running water with a paper towel, not bare hands.
- Dry hands with a paper towel or air dryer.