CDC HAND WASHING RECOMMENDATIONS

1. Wet your hands with clean running water (warm or cold), turn off the tap, and apply soap.

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

3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Alabama Fight Song” from beginning to end twice.

4. Rinse your hands well under clean, running water.