



# Catch Some Waves, Not Germs!

Practicing **good hygiene** by washing your hands with soap and water can prevent the spread of germs. Here are some **easy steps** to follow:



**Wet your hands** with clean, running water (warm or cold), and apply soap.



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



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



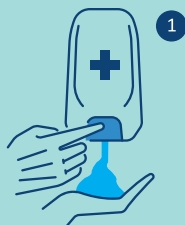
**Dry your hands** using a clean towel or air dry them.



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



Or use **hand sanitizer** that contains at least **60% alcohol**:



**Apply** the gel product to the palm of one hand (read the label to learn the correct amount).



**Rub** your hands together.



**Rub** the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around **20 seconds**.

**Surf into healthy habits by following this hand hygiene routine.**

To **learn more** about good hand hygiene practices, check out [the CDC website](https://www.cdc.gov) and [quality.allianthealth.org](https://www.quality.allianthealth.org).