HAND HYGIENE for your HEALTH

Trick Those Germs! Treat Your Hands!

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:

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

2 **Rub** your hands together.

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

Practice **healthy** habits by following this **hand hygiene** routine.

To **learn more** about good hand hygiene practices, check out **the CDC website** and **quality.allianthealth.org**.

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