

# Sing a Song, Germs are Gone: How to Properly Wash Your Hands

Frequent hand washing with soap and warm water is the first step to staying healthy. The entire process of washing your hands should take at least 20 seconds, which is about the time it takes to sing the "Happy Birthday" song.

**Step 1:**  
Wet your hands  
with warm water



**Step 2:**  
Apply soap and rub  
your hands together



**Step 3:**  
Scrub the back  
of your hands,  
between fingers and  
under fingernails



**Step 4:**  
Scrub around  
your wrists



**Step 5:**  
Rinse your hands  
under running water



**Step 6:**  
Use a towel, napkin  
or your elbow to turn  
off the water faucet



**Step 7:**  
Clean your hands  
using a dry towel,  
or air dry

