Wet
Wet your hands under clean, running water (warm or cold).

Lather
Apply soap. Rub your hands together to make suds. Lather up the backs of your hands, between your fingers, and under your nails.

Scrub
Keep rubbing your hands together for at least 20 seconds. You can sing or hum the “Happy birthday” song two times.

Rinse
Hold your hands under running water to wash off all the soap.

Dry
Dry your hands on a clean towel or use an air dryer. All done!