Five Steps to Wash Your Hands

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

2. **Lather**
   Lather your hands by rubbing them together with the soap.

3. **Scrub**
   Scrub your hands for at least 20 seconds. Scrub:
   - Backs of hands
   - Palms
   - Between fingers
   - Under nails

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

5. **Dry**
   Protect your hand with a paper towel when you turn off the faucet.
   Dry your hands using a clean towel, or air-dry them.