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

For more flu prevention tips, visit WeTreatKidsBetter.org/FluSeasonTips.