



Proper Handwashing Technique

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
3. Scrub your hands for at least 20 seconds. **Singing the “happy birthday” song 2 times should take approximately 20 seconds**
4. Rinse your hands well under clean, running water
5. Dry your hands using a clean towel or paper towel or air-dry them.

Although washing hands is the best way to get your hands clean, disposable wipes or hand sanitizer are good options as long as they contain $\geq 60\%$ alcohol.

*If hand sanitizer is the only option, be sure to use a sanitizer that contains at least **60% alcohol**, and use enough to cover both hands, including between your fingers and **under your nails**, CNN reports. Rub your hands until they are dry (Allen/Song, ProPublica, 3/6; Lee, CNN, 3/3; Pesce, Market Watch, 3/7; New York Times, 3/12; Smith et al., New York Times, 3/12).*

Source: <https://www.cancer.net/blog/2017-09/simple-way-you-can-prevent-infection-and-illness>