

According to the Centers for Disease Control and Prevention (CDC)

HAND WASHING

is the single most important action that one can take to
prevent the onset of illness.



Wash your hands frequently,
especially after using the bathroom
and before eating or drinking.

1. Wash hands under warm running water.
2. Apply soap and lather well for 15-20 seconds. Time yourself.
3. Rinse.
4. Use a paper towel to turn off the water and open the door.