Washing your hands is one of the most effective ways to prevent the spread of germs.

1. **Wet** your hands and apply soap.

2. **Lather** the backs of your hands, between your fingers, and under your nails.

3. **Scrub** for at least 20 seconds.

4. **Rinse** well.

5. **Dry** using a clean towel or air dry.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.