Wash Your Hands

• Apply soap and rub hands together to make a lather Continue rubbing your hands for at least 20 seconds

Hand washing reduces the number of people who get sick with diarrhea by 31%, and reduces respiratory illnesses by 21%

Wet your hands with clean running water

Rinse your hands well under running water

Dry your hands using a clean towel or air dry

An estimated 60 million days of school and 50 million days of work are lost annually because of the common cold.

Soap and water are more effective than hand sanitizers. Studies show that reminder signs improve the frequency and length of hand washing!



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