Wet your hands with clean, running water (warm or cold), and apply soap.

Lather your hands by rubbing them together with the soap.

Scrub your hands for at least 20 seconds. Need a timer? Sing “Hey Fightin’ Tigers.”

Rinse your hands well under clean, running water.

Dry your hands using a clean towel, or air dry them.

Keeping hands clean is one of the most important things you can do to reduce your risk and stay healthy.