Keeping hands clean is one of the most important things we can do to stop the spread of germs and be healthy.

1. **Wet** your hands with clean, running water, and apply soap.
2. **Lather** your hands by rubbing them together with the soap.
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** hands well under running water.
5. **Dry** hands using a clean towel or air dry them.

[cdc.gov/handwashing](https://www.cdc.gov/handwashing)