1. **WET**
your hands with clean, running water.

2. **LATHER**
your hands with soap.
Rub the backs of your hands, between your fingers, both thumbs and under your nails.

3. **SCRUB**
for 20 seconds to fight germs. Count to 20 or sing “Happy Birthday.”

4. **RINSE**
your hands under running water, rubbing them together to remove all soap, dirt and germs.

5. **DRY**
your hands with a clean towel or air dry them.

**KNOCK OUT GERMS**
by washing your hands!