Handwashing is your best protection against the flu, COVID-19, and other diseases.

1. Wet your hands. Then turn off the water.
2. Apply soap.
3. Lather up every nook and cranny.
4. Scrub for two “Happy Birthday!” songs or 20 seconds.
5. Rinse your hands.
6. Dry with air or paper towel. Close tap with towel.