WAIT!
Did you forget to wash your hands?

6 STEPS TO PROPER HAND WASHING:

1. **WET** your hands with running water (warm or cold), turn off the tap, and apply soap.
2. **LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **RINSE** your hands well under clean, running water.
5. **DRY** your hands using a clean towel or air dry them.
6. **TURN OFF FAUCET** using dry towel.

Your health is in your hands.

health.gatech.edu/handwashing
WAIT!
Did you forget to wash your hands?

6 STEPS TO PROPER HAND WASHING:

1. **WET** your hands with running water (warm or cold), turn off the tap, and apply soap.
2. **LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **RINSE** your hands well under clean, running water.
5. **DRY** your hands using a clean towel or air dry them.
6. **TURN OFF FAUCET** using dry towel.

Your health is in your hands.

health.gatech.edu/handwashing
WAIT!
Did you forget to wash your hands?

6 STEPS TO PROPER HAND WASHING:

1. **WET** your hands with running water (warm or cold), turn off the tap, and apply soap.
2. **LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **RINSE** your hands well under clean, running water.
5. **DRY** your hands using a clean towel or air dry them.
6. **TURN OFF FAUCET** using dry towel.

Your health is in your hands.

health.gatech.edu/handwashing
WAIT!
Did you forget to wash your hands?

6 STEPS TO PROPER HAND WASHING:

1. WET your hands with running water (warm or cold), turn off the tap, and apply soap.
2. LATHER your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. SCRUB your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. RINSE your hands well under clean, running water.
5. DRY your hands using a clean towel or air dry them.
6. TURN OFF FAUCET using dry towel.

Your health is in your hands.

health.gatech.edu/handwashing