



BlueResource<sup>SM</sup> ÷ Protecting Your Health ÷ Washing Your Hands

## 20 Seconds Can Help Keep You Healthy

Handwashing has never been more important. Clean hands help prevent the spread of harmful germs that can make us, our friends, loved ones and coworkers sick. Studies show good handwashing with soap and clean water can reduce illness. It can even help save the lives of children and adults with weak immune systems. Follow these steps and wash your hands throughout the day.

**Turn on the tap.** Wet your hands with clean, running warm or cold water.

**Lather up.** Use bar or liquid soap and rub your hands together to make a sudsy foam.

**Scrub-a-dub.** Wash the back of your hands, between your fingers and under your nails.

**Follow the 20-second rule.** Take enough time to loosen dirt, grime and germs.

**Rinse away the suds.** Run your hands under the faucet to wash away all the soap.

**Dry em off.** Use a clean towel to wipe your hands or let them air dry.



**Wash your hands often throughout the day to stay healthy.**