

According to the Centers for Disease Control
and Prevention (CDC)

HAND WASHING

**is the single most important
action that one can take to
prevent the onset of illness.**

**Wash your hands frequently, especially after using
the bathroom and before eating or drinking.**

- 1. Wash hands under warm running water.**
- 2. Apply soap and lather well for 15-20 seconds.
Time yourself.**
- 3. Rinse.**
- 4. Turn off the water with your arm or paper towel.**
- 5. If possible, use the automatic door opener to exit
the bathroom.**

