

# Five Steps to Wash Your Hands the Right Way



**1**

## **Wet**

Wet your hands with clean, running water, and apply soap.

**2**

## **Lather**

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.

**3**

## **Scrub**

Scrub your hands for at least 20 seconds, the time it takes to sing “Happy Birthday” twice.

**4**

## **Rinse**

Rinse your hands well under clean, running water.

**5**

## **Dry**

Dry your hands using a clean paper towel and turn off the faucet using a paper towel.

Thank you for taking these steps to protect yourself, our patients, visitors and staff.



Beth Israel Lahey Health