

1. Wet your hands.
2. Apply soap and work up a good lather.
3. Scrub for at least 15 seconds or as you sing happy birthday or the ABC song.
4. Rinse your hands.
5. Dry your hands with a paper towel or a clean, dry towel.



Clean hands help you and others stay healthy.



www.stjude.org/washyourhands

©2006 St. Jude Children's Research Hospital. All rights reserved.