

How long should you wash your hands?

Experts say the proper length of time to wash your hands is for 40-60 seconds.

That's nearly the time it takes to sing the chorus of 'Happy Birthday' twice.

Wet your hands and dispense soap



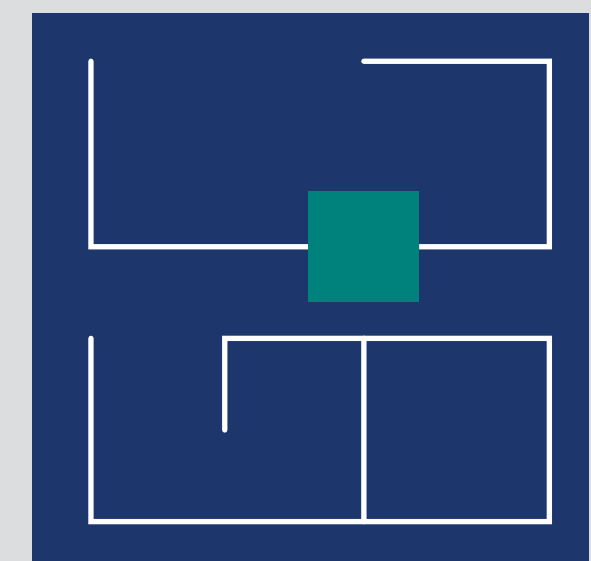
Rub soap on the front and back of your hands, between your fingers and under your nails

Sing the 'Happy Birthday' song twice to track the time!

"Happy birthday to you, happy birthday to you,
happy birthday, happy birthday,
happy birthday to you
Happy birthday to you, happy birthday to you,
happy birthday, happy birthday,
happy birthday to you"



Rinse your hands and dry them thoroughly



Proper Hand Hygiene

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