How to Wash Your Hands

• Use warm water (not cold or hot) to wet hands
• Apply soap
• Wash both sides of your hands
• Wash your wrists
• Wash between your fingers
• Wash around your nails (germs like to hide there!)
• Sing the "Happy Birthday" song two times while washing
• Rinse hands and dry well with a clean towel
• Remind your friends to wash their hands

www.uab.edu/flu