A clean hand is a caring hand.

Did you know proper hand hygiene is the #1 way to prevent the spread of germs?
Follow these simple steps for proper hand hygiene.

Soap and water
1. Turn on water
2. Wet hands
3. Apply soap to palm of one hand
4. Scrub for 20 seconds
5. Rinse
6. Dry with paper towel
7. Turn off water with a clean towel

Hand sanitizer
1. Apply to palm of one hand
2. Rub over both hands
3. Let dry

children's health