

# The Science of Handwashing (Key)

The Centers for Disease Control (CDC) recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. Click on the link to find the steps.

<http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

- Wet {
  - Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
  
- Lather {
  - Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
  
- Scrub {
  - Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
  
- Rinse {
  - Rinse your hands well under clean, running water.
  
- Dry {
  - Dry your hands using a clean towel or air dry them.

**What should you do if you don't have soap and clean, running water?**

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do **NOT** eliminate all types of germs.

Source: Centers for Disease Control  
Show Me the Science - How to Wash Your Hands  
<http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>