



Did you know that on the average faucet handle, there are  
**229,000 germs per square inch?**  
Hand washing greatly reduces the spread of illness.

## How to effectively wash your hands:

- Use warm water and soap.
- Lather and rub hands for **20 seconds** keeping fingers pointing down.  
(20 seconds = singing Happy Birthday twice through to yourself.)
- Dry thoroughly with a paper towel or clean cloth.
- Turn off faucet with towel and open door with towel.

