

Wash Your Hands

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Wash your hands!

First you need some soap; then scrub for twenty seconds.

If you don't have a clock near you, then sing the A-B-C song.

Be sure to scrub front and back, under your fingernails, and between your fingers.

Dry your hands with a clean towel or a paper towel.

For more information, go to www.cdc.gov/cleanhands.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.