Reduce your risk
Properly wash your hands
With these five simple steps

1. Wet
   Wet your hands with clean, running water (warm or cold), and apply soap.

2. Lather
   Lather your hands by rubbing them together with the soap.

3. Scrub
   Scrub your hands for at least 20 seconds. Need a timer? Sing "Hey Fightin' Tigers."

4. Rinse
   Rinse your hands well under clean, running water.

5. Dry
   Dry your hands using a clean towel, or air dry them.

Keeping hands clean is one of the most important things you can do to reduce your risk and stay healthy.

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