

5 Keys to Healthy Hand Washing

In the fight against COVID-19, clean hands are critical



1. Use clean running water and soap



2. Lather and scrub for at least 20 seconds *



3. Don't forget BBU: backs of hands, between fingers, and under nails



4. Rinse well under clean running water



5. Use a fresh paper towel or air dryer **

*Pro Tip: 20 seconds = about the time that it takes to sing "Happy Birthday" twice or "Mighty Oregon" once.

**Pro Tip: Paper towels can be used as barriers when opening doors.