

For more information, visit  
[consumers.site.apic.org/infection-prevention-basics/wash-your-hands-often](http://consumers.site.apic.org/infection-prevention-basics/wash-your-hands-often)

1. Wash your hands with soap and water for at least 20 seconds. Sing "Happy Birthday" twice to know you've washed long enough
2. Cover all of your hand area with soap, including fingers, wrists, fingernails and back of the hand
3. If soap and water are unavailable, use an alcohol-based hand rub or sanitizer

Keeping your hands clean is the number one way to prevent infection. Practice these handwashing tips to stay healthy:

## Soap Up: Hand Hygiene

Patient Safety Awareness Week

#SaferHoosiers

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