Wash hands for 20 seconds following these steps:

1. Wash hands with soap and water for 20 seconds.
2. Rinse hands with water.
3. Dry hands thoroughly with a clean towel.
4. Repeat steps 1-3 as necessary.
5. Avoid touching your face.
6. Keep hands clean and avoid touching common surfaces.
7. Use hand sanitizer if soap and water are not available.
8. Wash hands frequently and avoid touching your face.
9. Maintain good hygiene habits.

Follow these steps to ensure proper handwashing and reduce the spread of germs.