Hand Hygiene “How-To” with the ECU Fight Song

Sing the ECU Fight Song to help you gauge the proper length of time in washing your hands!

WASH your hands often with soap and water for at least 20 seconds or use hand sanitizer
1. Wet your hands with clean, running water and apply soap.
2. Lather your hands by rubbing them together.
   Include the backs of hands, between fingers and under nails.
3. Scrub for at least 20 seconds.
4. Rinse well under clean, running water.
5. Dry hands using a clean towel or air dry them.

HAND SANITIZER proper use
1. Apply the gel product to the palm of one hand
   (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Cheer for East Car’lina,
Cheer on for old EC,
Loyal and Bold,
We’re the Purple and Gold,
WE ARE THE PIRATES OF E.C.U.!