

FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY



1. WET HANDS

WET YOUR HANDS WITH SAFE, RUNNING WATER

2. USE SOAP

APPLY SOAP TO YOUR HANDS



3. SCRUB HANDS

SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS. BE SURE TO SCRUB THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, UNDER YOUR NAILS AND AROUND YOUR THUMB.

4. RINSE HANDS

RINSE YOUR HANDS WELL UNDER CLEAN, RUNNING WATER.



5. DRY HANDS

AIR DRY YOUR HANDS OR USE A TISSUE. THROW THE TISSUE IN A BIN.