

## 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.

## NEED HELP?