

How To Wash Your Hands

1



Wet your hands and arms

Use running water as hot as you can comfortably stand

2



Apply soap

Apply enough to build up a good lather

3



Scrub your hands and arms vigorously for 10 to 15 seconds

Clean under fingernails and between fingers

4



Rinse your hands and arms thoroughly

Use running warm water

5



Dry your hands and arms

Use a single-use paper towel or hand dryer