

HOW TO WASH YOUR HANDS

- ★ WET YOUR HANDS WITH CLEAN, RUNNING WATER (WARM OR COLD), TURN OFF THE TAP, APPLY SOAP.
- ★ LATHER YOUR HANDS BY RUBBING THEM TOGETHER WITH SOAP. LATHER THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS AND UNDER YOUR NAILS.
- ★ SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS. NEED A TIMER? SING AMAZING GRACE FROM BEGINNING TO END.
- ★ RINSE YOUR HANDS WELL UNDER CLEAN, RUNNING WATER.
- ★ DRY YOUR HANDS USING A CLEAN TOWEL OR AIR DRY THEM.

Clean hands keep you healthy!