



## EFFECTIVE HAND WASHING



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- 1** | Turn on warm water, and wet your hands and wrists.
- 2** | Apply soap, enough cover your hands.
- 3** | Wash for 20 seconds, and clean hands, fingers, and under fingernails.
- 4** | Rinse well under running water.
- 5** | Hold hands under running water, from wrist to fingertips.
- 6** | Thoroughly dry with clean paper towel or air dryer.
- 7** | Turn off faucet using the paper towel.

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