



EFFECTIVE HAND WASHING

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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