



# 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.