

How to Properly Wash Your Hands

1

Wet hands with warm water first, then apply soap.

2

Rub hands vigorously together for at least 15-20 seconds.

(TIP: Sing the "Happy Birthday" song twice)

3

Scrub palms, between fingers, tops of hands, wrists and under nails.

4

Rinse well.

5

Dry hands with a disposable paper towel.

6

Use a paper towel when turning off the faucet.

7

Use a paper towel to open doors and/or turn off lights.

In Between Handwashing, Use Sanitizer Frequently.