EFFECTIVE HANDWASHING

WET

- O Wet hands with clean, running water.
- O Apply enough soap to cover all hand surfaces.

LATHER

- O Rub your hands together with the soap.
- O Lather the backs of your hands, between your fingers, and under your nails.

SCRUB

- O Scrub for at least 20 seconds.
- Hum the Happy Birthday song twice to help with timing.

RINSE

O Rinse hands well under clean, running water.

DRY

O Dry your hands with a clean paper towel.O Throw the paper towel into trash can.

References:

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