

HOW TO WASH YOUR HANDS

WET

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



LATHER

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



SCRUB

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



RINSE

- Rinse hands well under clean, running water.



DRY

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



References:

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