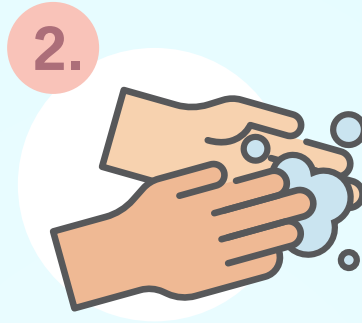


# HAND WASHING HOW-TO



Wet hands with clean water and apply soap.



Scrub hands for at least 20 seconds.



Make sure to clean the backs of your hands and between fingers.



Don't forget to clean under fingernails.



Rinse hands with clean, running water.



Dry your hands with a clean towel or air dryer  
*(germs are transferred more easily to and from wet hands).*



**HANDS CLEAN!**



If soap and water aren't available, use a hand sanitizer containing at least 60% alcohol.