

# SIX STEPS FOR HAND WASHING



Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, wrists and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse your hands well under clean, running water.



Dry your hands using a clean paper towel.



Use your paper towel to turn off the water.

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