

# How to Properly Wash Your Hands

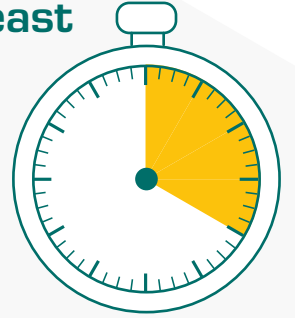


- 1** Wet hands with warm water first, then apply some soap.



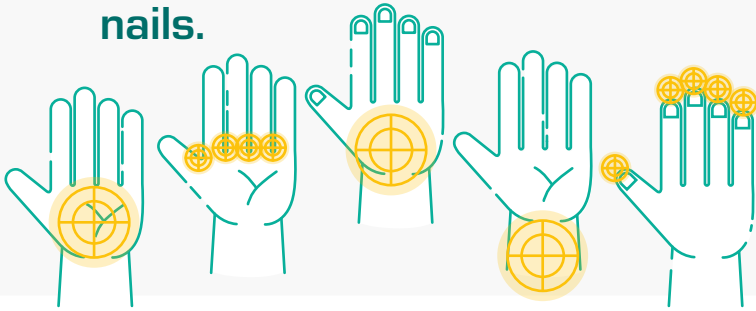
- 2** Rub hands vigorously together for at least 15-20 seconds.

Happy Birthday!



*TIP: Sing the "Happy Birthday" song twice.*

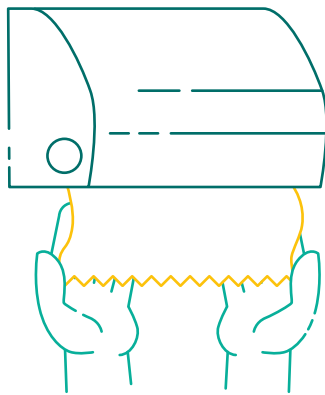
- 3** Scrub palms, between fingers, tops of hands, wrists and under nails.



- 4** Rinse well.



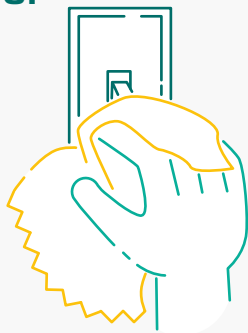
- 5** Dry hands with a disposable paper towel.



- 6** Use a disposable paper towel when turning off the faucet.



- 7** Use a paper towel to open doors and/or turn off the lights.



**In between handwashing, use sanitizer frequently.**



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