

## How to Wash your Hands

Wash your hands with soap and water. Follow these simple steps:

- Wet your hands with warm running water.



- Apply liquid, bar, or powder soap.



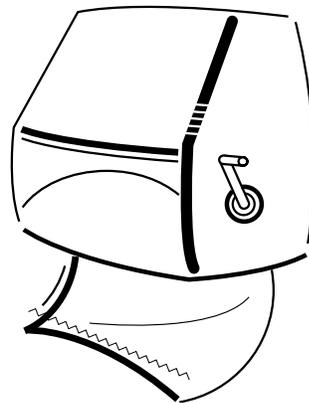
- Lather well.

- Rub your hands vigorously for at least 20 seconds or about how long it takes to sing a verse of “Old MacDonald Had a Farm.” Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers, and under your fingernails.



- Rinse well under running water.

- Dry your hands with a clean or disposable towel or air dryer.



- If possible, use your towel to turn off the faucet and to pull/push open any doors.