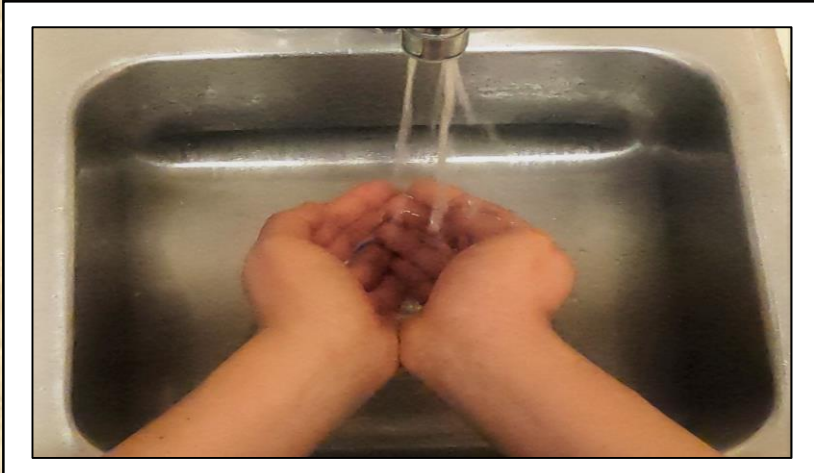


How to Wash Your Hands



1. **Wet hands and arms.** Make sure to rinse hands and arms before applying soap.



2. **Apply soap.** Apply enough to build up a good lather.



3. **Scrub hands and arms firmly back and forth.** Scrub them for 20 seconds; making sure to clean the thumbs, under the fingernails, the wrists, the palms and between fingers.



4. **Rinse hands and arms completely.** Use running water.



5. **Dry hands and arms.** Use a single-use paper towel or hand dryer. It's recommended you use the paper towel to turn off faucet.