

Hand Washing Steps



1. Wet hands with clean, warm water as hot as the hands can comfortably stand.



2. Soap thoroughly – work up a good lather.



3. Rub hands together for at least 20 seconds – or sing *Happy Birthday* twice.



4. Wash between fingers, under nails and to the wrists.



5. Rinse hands under clean running water.



6. Dry hands with single-use paper towel or hot air dryer.

