

# HAND-WASHING PROCEDURE

Washing your hands is one of the most effective ways to prevent the spread of germs.

Follow these steps every time you wash your hands:



1  
Wet your hands with clean, hot, running water.



2  
Lather your hands with soap.



3  
Scrub the backs of your hands, between your fingers and under your nails for at least 20 seconds.



4  
Rinse your hands well under clean, running water.



5  
Dry your hands, using a clean towel, or air-dry them.



6  
Use a towel to turn off the faucet.