

# HOW TO WASH YOUR HANDS



**Wet your hands with clean, running water and apply soap (3-4 pumps)**



**Lather the back of your hands, between your fingers, and under your nails**



**Scrub for at least 20 seconds, the length of two "Happy Birthdays"**



**Rinse your hands thoroughly under clean, running water**



**Dry your hands completely using a clean paper towel**