

How to Wash Your Hands



Wet your hands and arms.

Use running water as hot as you can comfortably stand.



Apply soap.

Apply enough to build a good lather.



Scrub your hands and arms vigorously for 10 to 15 seconds.

Clean under fingernails and between fingers.



Rinse your hands and arms thoroughly.

Use running warm water.



Dry your hands and arms.

Use a single-use paper towel.

