

# PROPER HANDWASHING

Washing your hands is your best defense against the spread of germs

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**Wet hands with  
warm water**



**Apply soap**



**Scrub hands and arms for  
at least 30 seconds and  
clean under fingernails and  
between fingers**



**Rinse thoroughly  
under running water**



**Dry hands and  
arms with a single-use  
paper towel**



**Turn off faucet  
using paper towel**