

PROPER HANDWASHING

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



1
Wet hands with
warm water



2
Apply soap



3
Scrub hands and arms for at
least 30 seconds and clean under
fingernails and between fingers



4
Rinse thoroughly
under running water



5
Dry hands and arms with
a single-use paper towel



6
Turn off faucet
using paper towel