How to Hand Wash

Wet hands under warm running water

Apply soap and distribute over hands

Rub hands together to create a good lather: Palm to palm

Rub fingertips of each hand in opposite palm

—— Lather and rub hands for 15 seconds ——

Rub between and around fingers

Rub each thumb clasped in opposite hand

Rub back of each hand with opposite palm

Rinse hands thoroughly under warm running water. pat hands dry with a paper towel

Turn off faucet using a paper towel

Your hands are now clean

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