



WASH YOUR HANDS



Wet
your hands with cleaner, running water (warm or cold), turn off the tap, and apply soap.



Lather
your hands by rubbing them together with the soap. Later the backs of your hands, between your fingers, and under your nails.



Scrub
your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse
your hands well under clean, running water.



Dry
your hands using a clean towel or air dry them.