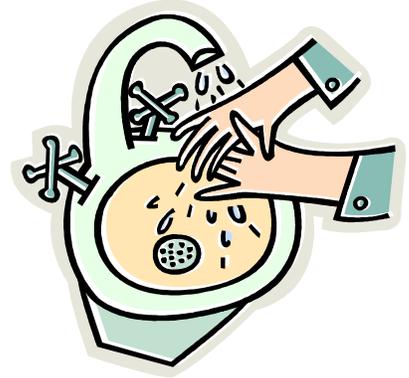


INSTRUCTIONS FOR PROPER HAND WASHING

There are three parts to washing your hands correctly.

- Soap
- Warm water
- Friction



Steps for washing your hands correctly

- Use soap and warm, running water
- Wash hands vigorously for 20 seconds (imagine singing “Happy Birthday” two times)
 - ❖ Wash all surfaces including:
 - Backs of hands
 - Wrists
 - Between fingers
 - Tips of fingers
 - Thumbs
 - Under fingernails — using a nailbrush is best
- Dry vigorously with paper or clean cloth towel.
- Turn off faucet and open door with towel to keep your hands clean.
- Throw used towels into a waste container

