

# How To Wash Your Hands

1



## **Wet your hands and arms**

Use running water as hot as you can comfortably stand

2



## **Apply soap**

Apply enough to build up a good lather

3



## **Scrub your hands and arms vigorously for 10 to 15 seconds**

Clean under fingernails and between fingers

4



## **Rinse your hands and arms thoroughly**

Use running warm water

5



## **Dry your hands and arms**

Use a single-use paper towel or hand dryer

