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