WASH YOUR HANDS THOROUGHLY FOR AT LEAST 20 SECONDS!

1. Wet hands with water.
2. Use soap.
3. Rub hands together palm to palm.
4. Palm to palm with fingers interlaced.
5. Palm to back of hand with fingers interlaced.
6. Don’t forget to wash your thumbs!
7. And fingernails!
8. Rotationally rub wrists.
9. Rinse hands with water.
10. Dry hands thoroughly.

MORE PRECAUTIONARY TIPS

• Grab a paper towel before beginning to wash your hands.
• When finished, turn off the water faucet with the paper towel or your elbow.
• Open the door with the paper towel.
• Avoid shaking hands; bump elbows instead!