

PLEASE

WASH YOUR HANDS



STEP 1

Wet your hands with clean, running water.



STEP 2

Apply Soap



STEP 3

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



STEP 4

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



STEP 5

Rinse your hands well under clean, running water.



STEP 6

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