

Good Hygiene Stops the Spread of Germs

# How to Wash Your Hands



1

Wet your hands with warm running water.



2

Add soap and scrub for 15-20 seconds.



3

Remember to get every part of both hands.



4

Rinse the soap off under running warm water.



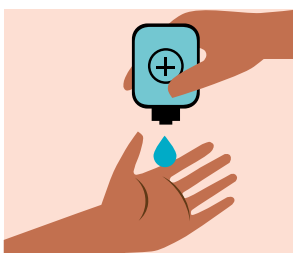
5

Dry your hands with a clean towel.



6

Use the towel to turn off the tap.



**When soap and water are not available, please use alcohol-based hand sanitizer and rub all parts of your hands for at least 15 seconds.**

