

# HOW TO WASH YOUR HANDS THE RIGHT WAY



1

USE LIQUID OR BAR SOAP,  
RUB HANDS TOGETHER



2

LATHER THE BACK  
OF YOUR HANDS



3

BETWEEN YOUR FINGERS



4

UNDER YOUR FINGERNAILS



5

SCRUB FOR AT LEAST  
TWENTY SECONDS



6

RINSE WITH  
RUNNING WATER



7

DRY WITH CLEAN TOWEL  
OR AIR DRY

## WHEN USING HAND SANITIZER



DISPENSE A GENEROUS AMOUNT IN THE PALM OF YOUR HAND.  
RUB OVER PALMS, BACK OF HANDS, AND FINGERNAILS UNTIL DRY.