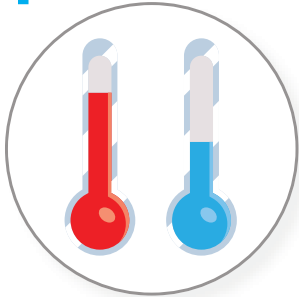


HOW TO WASH YOUR HANDS THE RIGHT WAY

1



Wash with cold
or warm water

2



Use liquid or bar soap,
rub hands together

3



Lather the back
of your hands

4



Between your
fingers

5



Under your
fingernails

6



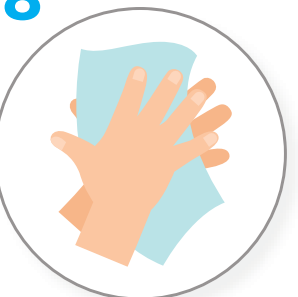
Scrub for at least
20 seconds

7



Rinse with
running water

8



Dry with clean towel
or air dry



Oneida Health