

5 easy steps for hand washing



1 **WET** hands with running water



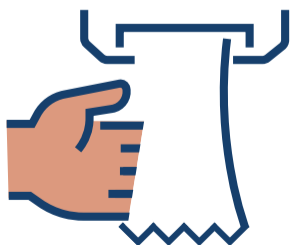
2 **SOAP** your hands and lather up



3 **RUB** all over your hands, including your wrists, and between your fingers and thumbs, for 20 seconds



4 **RINSE** hands under running water



5 **DRY** hands using paper towel

