

5 easy steps for hand washing



1 **Wet** hands with running water



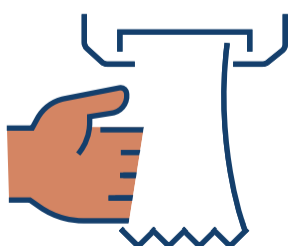
2 **Soap** your hands and lather up



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

