

# 5 easy steps for hand washing



**1** **Wet** hands with running water

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**2** **Soap** your hands and lather up

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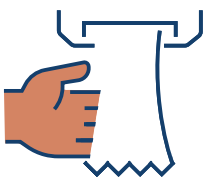
**3** **Rub** all over your hands, including your wrists, and between your fingers and thumbs, for 20 seconds

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**4** **Rinse** hands under running water

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**5** **Dry** hands using paper towel

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