

HOW TO WASH YOUR HANDS IN SIX STEPS

Rinse hands under clean running warm water.
The temperature should be a minimum of 100°F (38°C).

Rinse Hands

1



Apply soap to both hands and work into a lather.

Apply Soap

2



Vigorously wash hands, wrists, forearms and between fingers.

Wash Hands

3



Clean around and under fingernails.

Clean Fingernails

4



Rinse hands thoroughly under running warm water, with fingers pointing downward.

Rinse Hands

5



Thoroughly dry hands and arms.

Dry Hands

6

