

# 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

