HOW TO WASH YOUR HANDS
PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS

1. Wet hands
2. Apply soap
3. Rub hands palm to palm
4. Lather the backs of your hands
5. Scrub between your fingers
6. Rub the backs of fingers on the opposing palms
7. Clean thumbs
8. Wash fingernails and fingertips
9. Rinse hands
10. Dry with a single use towel
11. Use the towel to turn off the faucet
12. Your hands are clean

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