How To Wash Your Hands

1. Wet your hands and arms
   Use running water as hot as you can comfortably stand

2. Apply soap
   Apply enough to build up a good lather

3. Scrub your hands and arms vigorously for 10 to 15 seconds
   Clean under fingernails and between fingers

4. Rinse your hands and arms thoroughly
   Use running warm water

5. Dry your hands and arms
   Use a single-use paper towel or hand dryer