

# 5 STEPS TO CLEAN HANDS



## WET

your hands with running water



## SOAP

your hands and lather well



## WASH

your hands for 20 seconds, including the front and back of your hands, your wrists, between your fingers and under your finger nails



## RINSE

your hands well under running water



## DRY

your hands with a disposable paper towel or air dryer



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