

# HOW TO WASH YOUR HANDS

Washing your hands is one of the most effective ways to prevent the spread of germs.

1

**Wet** your hands and apply soap.

2

**Lather** the backs of your hands, between your fingers, and under your nails.

3

**Scrub** for at least 20 seconds.

4

**Rinse** well.

5

**Dry** using a clean towel or air dry.



If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



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