



WASH YOUR HANDS

THE MOST IMPORTANT **20 SECONDS** OF YOUR LIFE



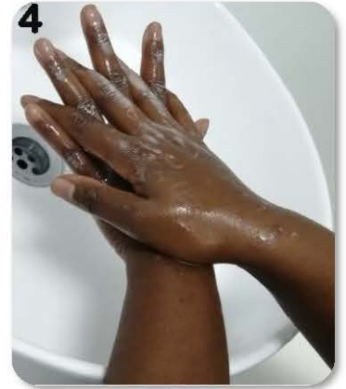
1
Wet hands with water



2
Apply enough liquid or bar soap to cover all hand surfaces



3
Rub hands palm to palm



4
Right palm over left dorsum with interlaced fingers and vice versa



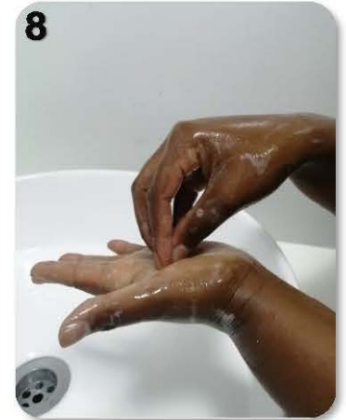
5
Palm to palm with fingers interlaced



6
Rotational rubbing of left thumb clasped in right palm and vice versa



7
Back of fingers to opposing palm with fingers interlocked and vice versa



8
Rotational rubbing, back and forth with clasped fingers of right hand in left palm and vice versa



9
Rinse hands with water



10
Dry thoroughly with a single use towel



11
Use towel to turn off tap



12
Your hands are now clean and safe!



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