

# PROPER HAND WASHING

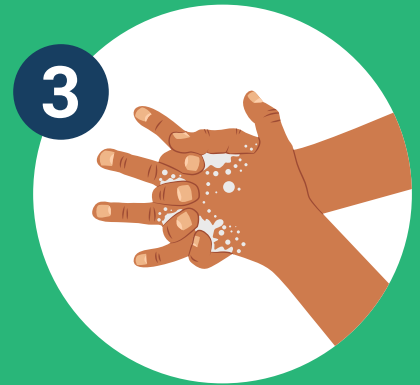
Washing your hands frequently with soap and water is the best way to reduce the spread of germs.



**1**  
Wet your hands with warm running water



**2**  
Add soap and scrub for 15–20 seconds



**3**  
Wash backs, thumbs, between fingers, and under nails



**4**  
Rinse off soap under running water



**5**  
Dry your hands with a clean towel



**6**  
Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.