

your hand



**Follow these five steps e**

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the palms of your hands, between your fingers, and under your thumbs.
3. Scrub your hands for at least 20 seconds. Need a tip? Sing the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.





















