

H A N D W A S H I N G



Wet hands with running hot water (at least 100°F)



Apply Soap



Vigorously scrub hands and arms for at least twenty seconds (sing happy birthday)



Rinse thoroughly under the hot running water



Dry hands and arms with a single-use paper towel



To reduce the spread of germs, Dispose of used towel in the restroom waste basket; DO NOT take the used towel from the restroom