

Handwashing Guide



1 USE SOAP



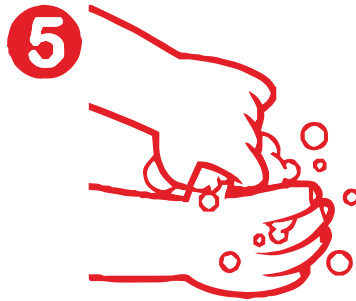
2 PALM TO PALM



3 BACK OF



4 FINGERS INTERLACED



5 BASE OF THUMBS



6 FINGERNAILS



7 WRISTS



8 RINSE HANDS



9 DRY HANDS

PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing “Happy Birthday” two times through.
- Soap and warm water are the best way to clean your hands, but if they aren’t available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.