

# 5

## Five Steps to Wash Your Hands



1

### Wet

Wet your hands with clean, running water (warm or cold).  
Apply soap.



2

### Lather

Lather your hands by rubbing them together with the soap.



3

### Scrub

Scrub your hands for at least 20 seconds. Scrub:

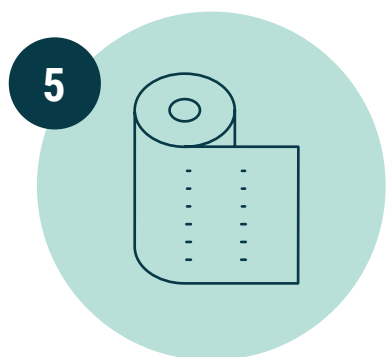
- Backs of hands
- Palms
- Between fingers
- Under nails



4

### Rinse

Rinse your hands well under clean, running water.



5

### Dry

Protect your hand with a paper towel when you turn off the faucet.

Dry your hands using a clean towel, or air-dry them.