

## WASH YOUR HANDS

### PROCEDURE:

1. Wet hands with warm water, soap palms and rub together for a minimum of 20 seconds.
2. Rub the back of each hand with the other palm.
3. Interlace fingers and rub together.
4. Curl the backs of the fingers into one palm and then the other.
5. Hold thumb and rotate, repeat with both hands.
6. Hold fingers and rotate, repeat with both hands then rinse thoroughly and dry hands with paper towel.

