

## Proper Washing Technique

1. Wet your hands thoroughly. If possible, use warm water.



2. Use plenty of soap to get a good lather.



3. Rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.



4. Don't forget to get between your fingers and under your fingernails.



5. Rinse.



6. Wipe hands thoroughly with a clean paper towel.



7. Turn off the water with a clean paper towel and dispose of the towel in a proper receptacle.

