



# WASH YOUR HANDS

THE MOST IMPORTANT **20 SECONDS** OF YOUR LIFE



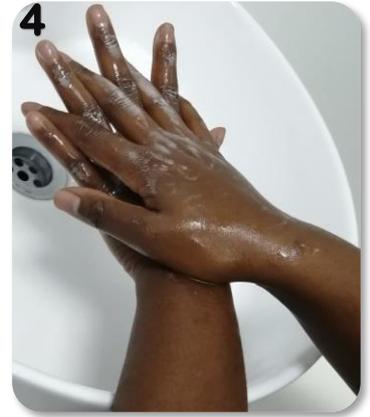
**1**  
Wet hands with water



**2**  
Apply enough liquid or bar soap to cover all hand surfaces



**3**  
Rub hands palm to palm



**4**  
Right palm over left dorsum with interlaced fingers and vice versa



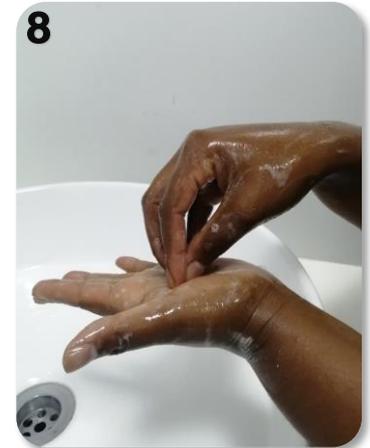
**5**  
Palm to palm with fingers interlaced



**6**  
Rotational rubbing of left thumb clasped in right palm and vice versa



**7**  
Back of fingers to opposing palm with fingers interlocked and vice versa



**8**  
Rotational rubbing, back and forth with clasped fingers of right hand in left palm and vice versa



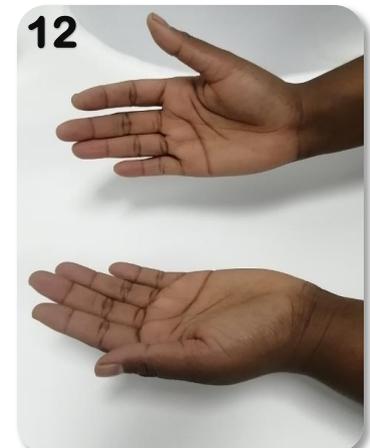
**9**  
Rinse hands with water



**10**  
Dry thoroughly with a single use towel



**11**  
Use towel to turn off tap



**12**  
Your hands are now clean and safe!



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