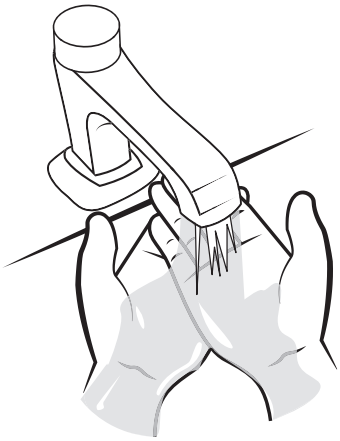
Proper Hand Washing

1



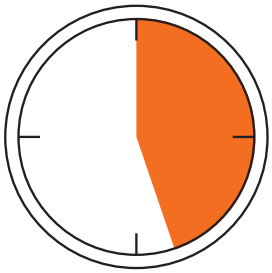
Hold hands under running water.

2

Lather your hands thoroughly.

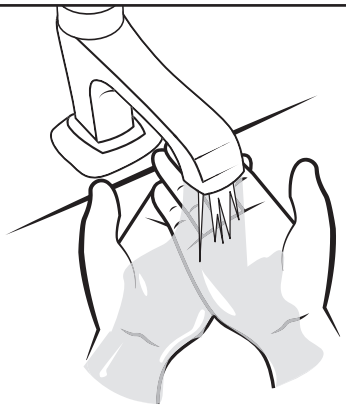
3

Rub the soap all over the place. Including the **palms** as well as the **back of the hand, fingertips, fingernails, finger gaps and thumbs**.

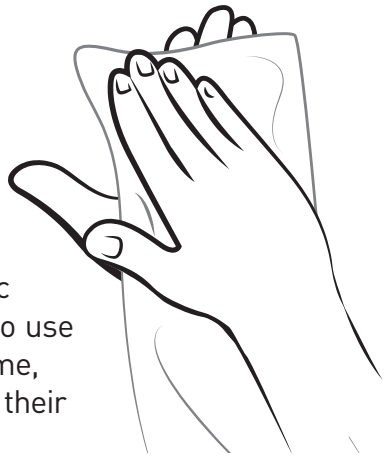


Thorough hand washing takes 20 to 30 seconds.

4



Then rinse hands under running water.

5

Dry your hands carefully even in the spaces between your fingers. In public restrooms it is best to use a paper towel. At home, everyone should use their own towel.