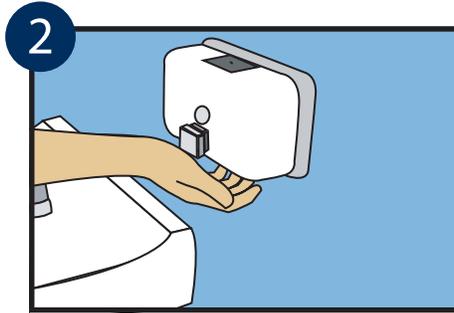


How to Wash Your Hands

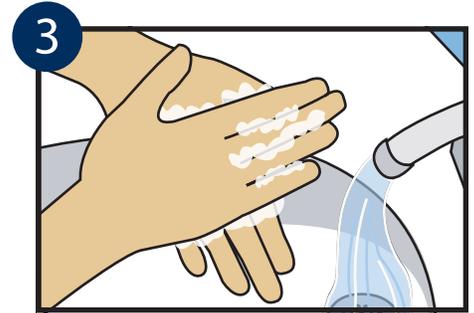
Wash hands including wrists following steps below.
Wash for 20 seconds (sing Happy Birthday TWICE).



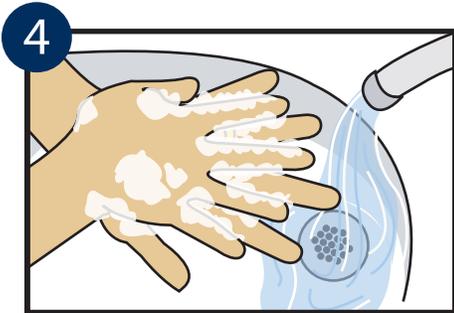
1 Get paper towel ready for drying.



2 Wet hands with clear, warm water. Apply soap.



3 Wash palm to palm.



4 Back of hands. Ring.



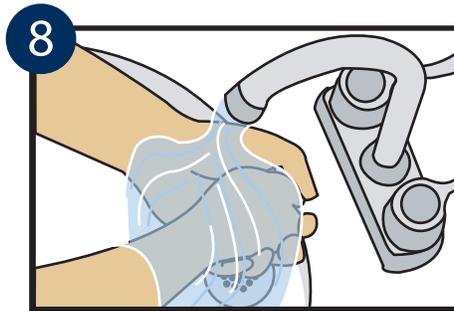
5 Back of fingers.



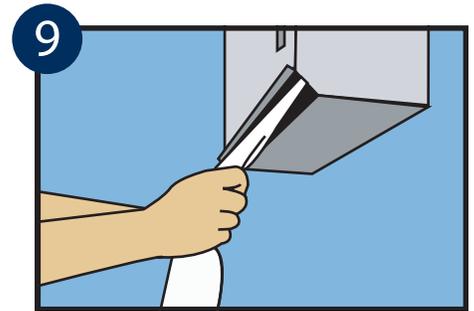
6 Thumbs.



7 Fingertips.



8 Rinse with clear, running water.



9 Dry thoroughly with clean paper towel.



10 Turn off water with paper towel.



11 Open rest room door with paper towel.



12 Dispose of paper towel in a hands-free trash can.