

WASH YOUR HANDS

Stop the Spread

1



Wash your hands under warm water and apply enough soap to cover all hand surface.

2



Wash hands and forearms. Work lather over all parts of the hands.

3



Wash thumb, areas around the thumb and wrists, and between the fingers.

4



Wash hands for at least 20 seconds.

5



Rinse thoroughly. Remove all the traces of lather.

6



Dry hands with disposable towel. Turn off the tap with the towel and throw it away.

