

# Wash your hands - it's easy

**1** Rinse  
Wet hands under  
running water.

**2** Foam  
Lather hands.

**3** Scrub  
Foam palms, between fingers,  
fingertips, and back of hand for  
20-30 seconds thoroughly.

**4** Wash  
Rinse hands under  
running water.

**5** Dry  
Dry hands with  
tissue if possible.

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