



# Wash your Hands!

## HOW?



- 1.** WET YOUR HANDS WITH CLEAN, RUNNING WATER, AND APPLY SOAP.



- 2.** LATHER YOUR HANDS BY RUBBING THEM TOGETHER WITH THE SOAP. BE SURE TO GET THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, AND UNDER YOUR NAILS.



- 3.** SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS.



- 4.** RINSE HANDS WELL UNDER CLEAN, RUNNING WATER.



- 5.** DRY HANDS USING A CLEAN TOWEL OR AIR DRY THEM.

*You should wash your hands to prevent the spread of germs and stay healthy.*

**Talk to a health care provider you trust at your workplace or in your community**

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