

# How To Wash Your Hands



**1 Wet your hands and arms**  
Use running water as hot as you can comfortably stand



**2 Apply soap**  
Apply enough to build up a good lather



**3 Scrub your hands and arms vigorously for 10 to 15 seconds**  
Clean under fingernails and between fingers



**4 Rinse your hands and arms thoroughly**  
Use running warm water



**5 Dry your hands and arms**  
Use a single-use paper towel or hand dryer

