





Hand Washing Steps

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1. Wet hands with warm, running water.
 2. Apply liquid soap to hands.
 3. Rub hands vigorously, remembering to wash backs and palms of hands, between fingers, under fingernails and around wrists.
 4. Wash hands for at least 15 seconds. Sing “Happy Birthday” or “Row, Row, Row Your Boat!”
 5. Rinse hands under warm, running water.
 6. Dry hands with a disposable paper towel.
 7. Turn faucet off with the paper towel.
 8. Discard paper towel in the trash can.
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