## Stop the spread of germs

## **WASH YOUR HANDS**

for 20 seconds using the following steps



**Wet hands** 



**Apply soap** 



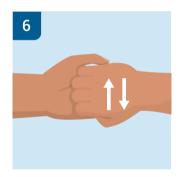
Rub hands palm to palm



Lather the backs of your hands



Scrub between your fingers



Rub the backs of fingers on the opposing palms



**Clean thumbs** 



Wash fingernails and fingertips



**Rinse hands** 



Dry with a single use towel



Use the towel to turn off the faucet and open the door



Dispose of towel in the garbage