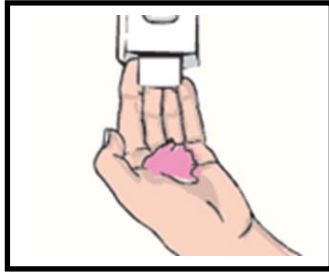
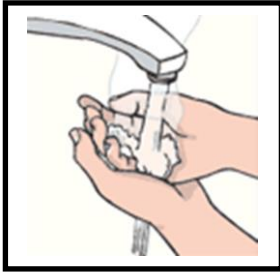
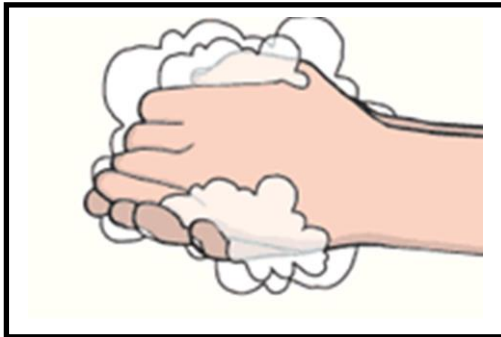


# How to Wash Your Hands



Wet hands with warm water,  
then apply soap



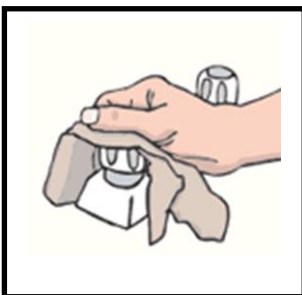
Wash hands for 15 seconds,  
getting between fingers,  
under finger nails, up to elbows,  
and the back of hands



Rinse hands under  
warm water



Dry hands with a paper towel or air dryer;  
do not use a common/cloth towel



Turn off running water using a paper towel,  
not with your bare hands