



Handwashing



1. Wet your hands.



2. Use soft soap or bar soap.



3. Wash hands, between fingers, back of hands, and nails for 20 seconds with warm water.



4. Rinse for 20 seconds, turn tap off with your hand with a piece of paper towel, or the back of your hand if applicable.



5. Dry your hands, use paper towel to dry palms, between fingers, nails, and wrists.