

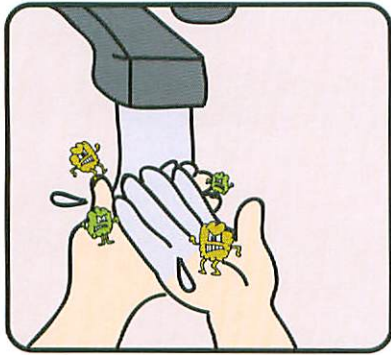
# HAND WASHING INSTRUCTIONS

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## How to wash your hands:

Use soap and water to wash your hands. Water alone does not get rid of germs.

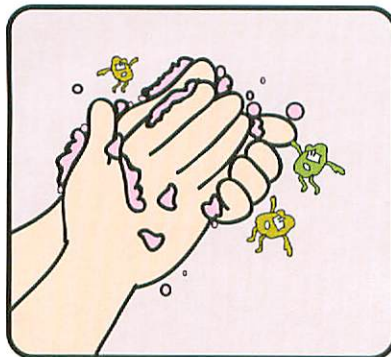
- 1** Wet your hands with water.



- 2** Add soap.

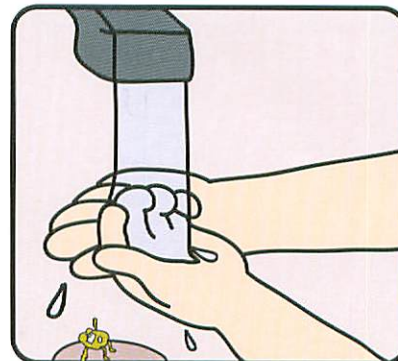


- 3** Rub your hands together at least 20 seconds.



*Make sure you wash the backs of your hands, wrists, between your fingers and under your nails.*

- 4** Rinse your hands with water.



- 5** Dry your hands with a paper towel.



- 6** Turn faucet off and open the bathroom door with a paper towel.

