







# Directions for Washing Hands

## HOW

-  Wet hands with running water.
-  Place soap into palms
-  Rub together to make a lather
-  Scrub hands vigorously for 20 seconds and under fingernails
-  Rinse soap off hands
-  Dry hands with disposable paper towels, not on clothing



## WHEN

- After going to the toilet
- After petting animals
- Before eating
- Before preparing foods
- After removing soiled clothes or shoes.