

How to Wash Your Hands

- Wash hands with liquid **soap** under warm running **water** for at least **20 seconds**.
- Wash hands thoroughly, paying special attention to germs that may be trapped under nails and in crevices.
- Rinse well to remove all traces of **soap**.
- Dry hands with **paper towels**.
- Use a **paper towel** to turn off the faucet after washing hands.
- Allow hands to dry thoroughly after cleansing (before contact with anything).



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