

How to Wash Your Hands Properly

1 Wet your hands.



2 Use plenty of soap to make a good lather.



3 Lather and scrub for 20 seconds.



4 Rinse well.



5 Dry your hands with a disposable towel or a wall-mounted dryer.



Don't forget to wash:

- between your fingers
- under your nails
- the tops of your hands
- your wrists



Division of Family Resources
Bureau of Child Care