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 at least 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