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
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