

Safe Hand Washing

To do a good job of washing your hands, you should wash for 20 seconds.
That's as long as it takes to sing the ABC song.

- Turn on the water.
- Wet your hands.
- Add soap.
- Rub your hands together.
- Rub in between your fingers and the back of your hands.
- Rub backs of your hands.
- Clean your thumbs too.
- Scrub your fingertips on the palm of the opposite hand.
- Rinse off the soap.
- Use a paper towel and dry your hands.
- Turn off the faucet using a paper towel.
- Throw the paper towel away.

