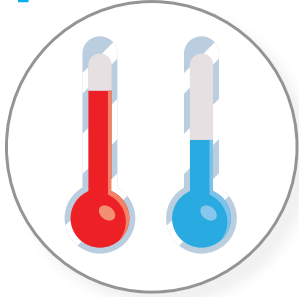


# HOW TO WASH YOUR HANDS THE RIGHT WAY

1



Wash with cold  
or warm water

2



Use liquid or bar soap,  
rub hands together

3



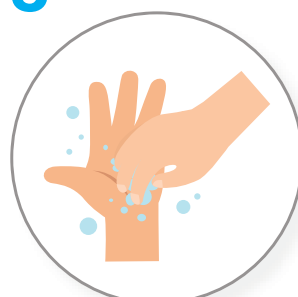
Lather the back  
of your hands

4



Between your  
fingers

5



Under your  
fingernails

6



Scrub for at least  
20 seconds

7



Rinse with  
running water

8



Dry with clean towel  
or air dry