Directions for Washing Hands

HOW

1. Wet hands with running water
2. Place soap into palms
3. Rub together to make a lather
4. Scrub hands vigorously for 20 seconds
5. Rinse soap off hands
6. Dry hands with disposable paper towels, not on clothing

WHEN

1. After going to the toilet
2. Upon exiting animal areas
3. Before eating
4. Before preparing foods
5. After removing soiled clothes or shoes