Wash your hands - it's easy

1 Rinse
Wet hands under running water.

2 Foam
Lather hands.

3 Scrub
Foam palms, between fingers, fingertips, and back of hand for 20-30 seconds thoroughly.

4 Wash
Rinse hands under running water.

5 Dry
Dry hands with tissue if possible.

European foundation for the care of newborn infants