

Wash your hands - it's easy



Rinse

Wet hands under running water.



Foam

Use decent amount of soap.



Scrub

Lather hands completely for about 20 seconds, also between fingers and fingertips.



Wash

Cleanse hands well under running water.



Dry

Wipe hands thoroughly with clean towel if possible tissue.

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1

Rinse

Wet hands under running water.



2

Foam

Use decent amount of soap.



3

Scrub

Lather hands completely for about 20 seconds, also between fingers and fingertips.



4

Wash

Cleanse hands well under running water.



5

Dry

Wipe hands thoroughly with clean towel if possible tissue.