WASH YOUR HANDS
THE MOST IMPORTANT 20 SECONDS OF YOUR LIFE

1. Wet hands with water
2. Apply enough liquid or bar soap to cover all hand surfaces
3. Rub hands palm to palm
4. Right palm over left dorsum with interlaced fingers and vice versa
5. Palm to palm with fingers interlaced
6. Rotational rubbing of left thumb clasped in right palm and vice versa
7. Back of fingers to opposing palm with fingers interlocked and vice versa
8. Rotational rubbing, back and forth with clasped fingers of right hand in left palm and vice versa
9. Rinse hands with water
10. Dry thoroughly with a single use towel
11. Use towel to turn off tap
12. Your hands are now clean and safe!

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