

# Handwashing

**THE BEST WAY TO PREVENT THE SPREAD OF GERMS!**



**Wet your hands  
with warm,  
running water.**



**Apply soap and  
scrub hands and  
wrists for at  
least 20 seconds.**



**Rinse with  
running water.**



**Dry your hands  
with a  
paper towel.**



**Turn off faucet  
with the paper  
towel and  
then dispose.**

***Remember to wash your hands whenever they are dirty.***

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