HOW TO WASH YOUR HANDS

Washing your hands is one of the most effective ways to prevent the spread of germs.

1. **Wet** your hands and apply soap.
2. **Lather** the backs of your hands, between your fingers, and under your nails.
3. **Scrub** for at least 20 seconds.
4. **Rinse** well.
5. **Dry** using a clean towel or air dry.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

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