

# **Drown a Germ... Wash Your Hands!**

- ▶ **Use soap and warm running water.**
- ▶ **Lather hands with soap up to the elbows; rub hands together for 20 seconds.**
- ▶ **Wash backs of hands, wrists, between fingers, and under fingernails.**
- ▶ **Use fingernail brush as specified by local health regulation.**
- ▶ **Rinse hands under warm running water.**
- ▶ **Turn off running water with a paper towel, not bare hands.**
- ▶ **Dry hands with paper towel or air dryer.**

