

# WASH YOUR HANDS

You should wash your hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds):

1. WET HANDS WITH WATER AND APPLY SOAP
2. RUB HANDS TOGETHER COVERING BACKS OF HANDS, PALMS, FINGERS & BETWEEN FINGERS
3. RINSE
4. DRY HANDS
5. USE PAPER TOWEL OR ELBOW TO TURN OFF TAPS SO YOU DO NOT REINFECT YOUR CLEAN HANDS

