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.

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