## **Proper Hand Washing**



- 1.Use soap and running water
- 2.Rub your hands and wrists vigorously 3.Wash:
  - Back of hands
  - Wrists
  - Between fingers
  - Under fingernails
- 4. Rinse hands
- 5. Dry hands with a paper towel
- 6. Turn off water using a paper towel





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