

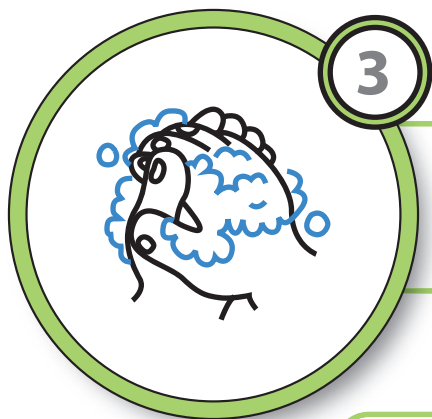
# Proper Hand Washing Procedures



**Use hot running water**  
**Wet hands and forearms**



**Apply soap**  
**Rub hands and arms briskly with soapy lather for at least 20 seconds**



**Scrub between fingers and clean nails with a clean nail brush**



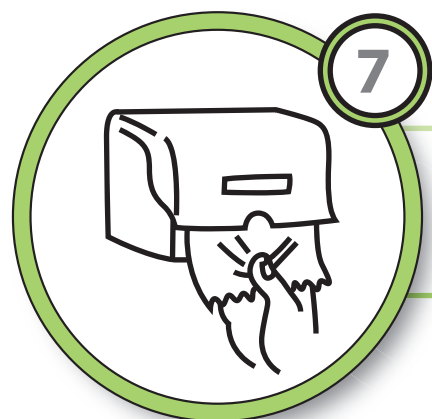
**Rinse thoroughly under hot running water**



**Reapply soap and scrub hands and forearms for another 5 to 10 seconds**



**Rinse again**



**Dry hands and arms using a single-use towel**



**Use the towel to turn off the water**  
**Discard the towel in a trash bin**