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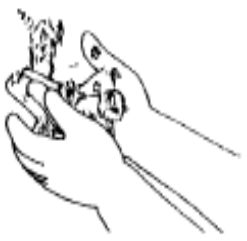


# METHOD OF HANDWASHING

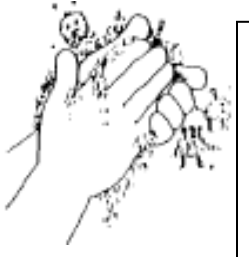
(Young Children may need adult supervision when washing their hands)




Use **SOAP** and  
**WARM**  
**RUNNING**  
**WATER**

An illustration showing two hands being washed under a stream of water from a faucet. A box labeled "Soap" is shown pouring liquid onto the hands.


**RUB** your hands  
vigorously for at  
least 20 seconds

An illustration showing two hands being rubbed together in a circular motion, with small circles indicating the scrubbing action.

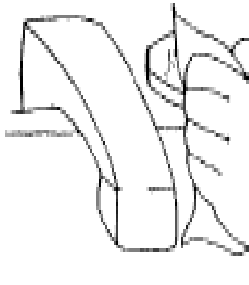
**WASH ALL**  
**SURFACES,**  
including:  
▶ back of hands  
▶ wrist  
▶ between fingers  
▶ under fingernails

An illustration showing two hands being washed, with small circles indicating the scrubbing action on various parts of the hands.

**RINSE** well

An illustration showing two hands being held under a stream of water from a faucet, with water splashing over the hands.

**DRY** hands with a  
clean paper towel

An illustration showing two hands being held together, with a paper towel being used to dry them. Small lines radiating from the hands indicate the drying process.

Turn off the  
water using a  
**PAPER TOWEL**  
instead of bare  
hands

An illustration showing two hands being held together, with a paper towel being used to dry them. The paper towel is shown being folded over the hands.