

# How to Effectively Wash Your Hands

DON'T FORGET TO

## Clean Your Hands

Handwashing is the most effective way to prevent the spread of infections!



**1** Wet Your Hands



**2** Apply Soap



**3** Wash Your Hands for 20 Seconds



**4** Rinse Well



**5** Dry Your Hands



**6** Turn Off Water with Paper Towel