



WASH YOUR HANDS

- **Wet hands and forearms with warm water**
- **Add at least 3-5 mls of soap (the size of an olive)**
- **Lather up and vigorously scrub each side of the hands beyond the wrist for 10-30 seconds, cleaning under rings and scrubbing dirty fingernails**
- **Rinse under warm water until no soap residue remains**
- **Turn off running water with a paper towel, not bare hands**
- **Dry hands with paper towel or hot air dryer**

