

# MAKE SURE YOU WAS YOUR HANDS THOUROUGHLY



Wet hands with water



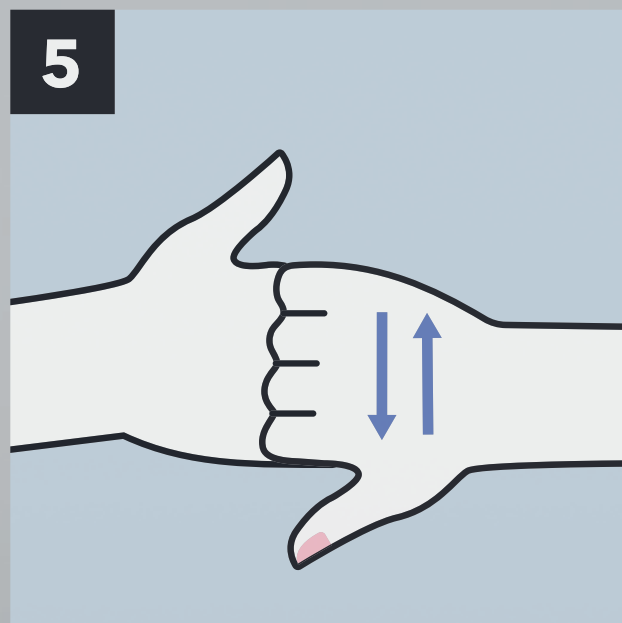
Rub hands palm to palm



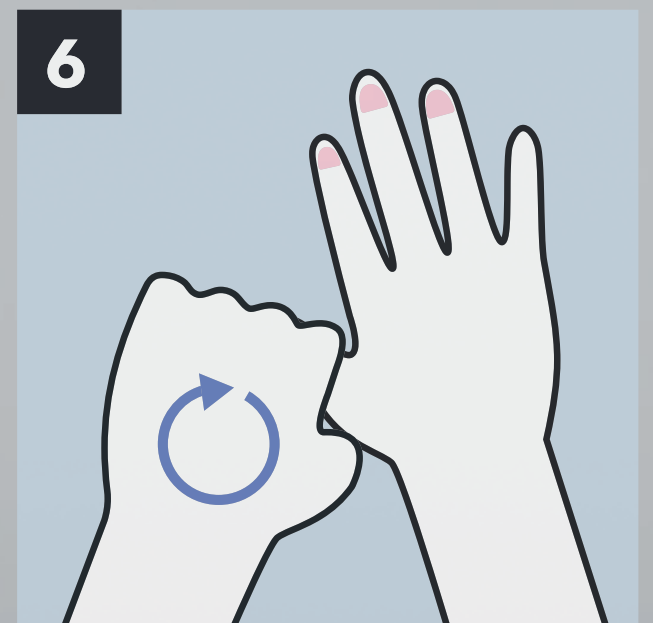
Lather the back of both hands



Scrub between your fingers



Rub the back of fingers  
on the opposing palm



Clean thumbs



Wash fingernails and fingertips



Rinse hands with water



Dry with a single use towel