



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

