



Wet your hands with clean, running water (warm or cold). Turn off the tap and apply soap.

2



Lather your hands completely. Don't neglect backs of hands, wrists and under nails.



Scrub for at least 20 seconds. Don't feel like counting? Hum all of "Happy Birthday" twice.

4



Rinse well under clean, running water.

5

Dry hands completely with an XLERATOR high-speed, energy-efficient hand dryer.



# Hand Washing and Drying 101

## Stop the Spread of Germs

