

1 WET

your hands with clean, running water.



2 LATHER

your hands with soap.

Rub the **backs of your hands**, **between your fingers**, both **thumbs** and **under your nails**.



KNOCK OUT GERMS

BY WASHING YOUR HANDS!

STRONG⁴LIFE



3

SCRUB

for 20 seconds to fight germs. Count to 20 or sing "Happy Birthday."



1,2,3...

...19,20

5 DRY

your hands with a clean towel or air dry them.



4

RINSE

your hands under running water, rubbing them together to remove all soap, dirt and germs.

