

Bright Solutions presents **HOW TO:**

# *properly* **WASH YOUR HANDS**



1



**Wet** your hands with clean, running water (warm or cold)

2



**Lather** your hands by rubbing them together with the soap\*

\* Be sure to lather the backs of your hands, between your fingers, and under your nails.

3



**Scrub** your hands for at least 20 seconds\*

\* Need a timer? Hum the "Happy Birthday" song, beginning to end, twice.

4



**Rinse** your hands well under clean, running water.

5



**Dry** your hands using a clean towel.

*for more info*

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