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Hand Washing Technique

How to wash your hands thoroughly

1

Wet hands

2

Soap hands

Try to use soap dispensers rather than soap bars

3

Lather

Work up a lather including wrists

4

Wash

Rub hands thoroughly including between fingers for about 20 seconds

Use a nailbrush under nails

5

Rinse

Rinse with clean running warm water

Avoid touching the side of the sink

6

Dry

Dry hands and wrists with disposable paper towels

Do not use kitchen towels

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