

**READY...**

**Push up  
sleeves**

**Remove  
jewelry**

**SET....**

**Wet hands with  
Warm running  
water**

**Apply soap**

**GO!!**

**Wash hands at  
least  
20 SECONDS**

# Wash 6 parts of the Hands:

- palms**
- backs**
- between fingers**
- thumbs**
- fingernails**
- wrists**

# Big Finish

**Rinse well**

**Dry hands briskly  
on paper towel or  
clean cloth towel**