

# Clean your hands often with **SOAP AND WATER** for at least 20 seconds.

Wet hands with warm water and apply soap.

For at least 20 seconds make sure to wash:



Palms



Back of hands



Between fingers



Thumbs



Finger tips and  
under nails



Wrists

Rinse well and dry hands with a paper towel.

Use a paper towel to turn off the tap.



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