

CLEAN HANDS CLUB

STAY HEALTHY WITH THESE 5 SIMPLE STEPS



WET

your hands with clean, running water (warm or cold), turn off the tap and apply soap.



LATHER

your hands by rubbing them together with the soap. Be sure to lather the backs of hands, between fingers, and under nails.



SCRUB

your hands for at least 20 seconds. Need a timer? Hum the Happy Birthday song twice from beginning to end.



RINSE

hands well under clean running water.



DRY

hands using a clean towel or air dry.



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