

Proper Handwashing Procedure



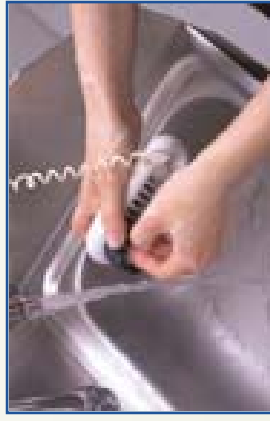
1 Wet hands with running water as hot as you can comfortably stand (at least 100°F/38°C).



2 Apply enough soap to build up a good lather.



3 Vigorously scrub hands and arms for at least 20 seconds. (Sing the alphabet song 1 time.) Lather well beyond the wrists, including exposed parts of arms.



4 Clean under fingernails and between fingers.



5 Rinse thoroughly under running water, turn off the faucet using a single-use paper towel if available



6 Dry hands and arms with a single-use paper towel or warm-air hand dryer. Never dry with aprons or wiping cloths.