

# FIGHT GERMS BY WASHING YOUR HANDS



**1 Wet your hands**



**2 Soap**



**3 Lather and scrub -  
20 Seconds**



**4 Rinse - 10 Seconds**



**5 Dry your hands**

## **DON'T FORGET TO WASH:**

- Between your fingers
- Under your nails
- The tops of your hands



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