











Directions for Washing Hands

HOW

-  Wet hands with running water
-  Place soap into palms
-  Rub together to make a lather
-  Scrub hands vigorously for 20 seconds
-  Rinse soap off hands
-  Dry hands with disposable paper towels, not on clothing



WHEN

- After going to the toilet 
- Upon exiting animal areas 
- Before eating 
- Before preparing foods 
- After removing soiled clothes or shoes 