**How to Wash Your Hands**

* Wet hands with running water
* Pump soap and spread thoroughly over hands
* Clean hands for 20 seconds following steps 1-9
	1. Rub palm to palm
	2. Rub right palm over the back of left hand with interlaced fingers and vice-versa
	3. Rub palm to palm with fingers interlaced
	4. Rub back of fingers on opposing palms
	5. Rub thumb rotationally, clasped in opposing hand, reverse
	6. Rub tips of fingers rotationally on opposing palm, reverse
	7. Rinse hands thoroughly
	8. Dry hands with paper towel
	9. Use that paper towel to turn off the water