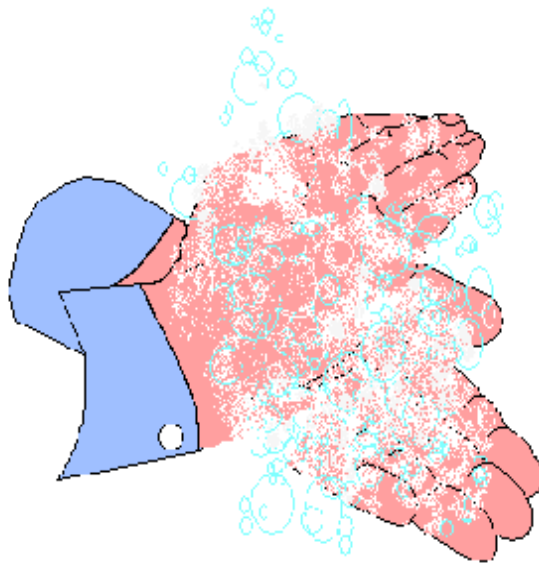


1 Lather hands with soap and water. Use nonabrasive soap. Antimicrobial handwashing products kill microbes or inhibit their growth and are sometimes required.



2 Vigorously rub lathered hands together for 10 - 15 seconds. Friction helps remove dirt and microbes. Wash all surfaces of hands including wrists, under rings, and fingernails. Hold hands down into the sink, and try not to touch the sides of the sink or splash water out of the sink.



3 Rinse hands thoroughly under a stream of running water. Point fingers in a downward position to allow dirt to be rinsed away.



4 Dry hands and wrists completely with a paper towel. To avoid re-contaminating your hands, use a dry paper towel to turn off the faucet and then discard the used towel.

