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

Source: http://www.nasphv.org/Documents/