

# The Right Way to Wash Your Hands



**Wet hands under running water**



**Apply soap and rub palms together**



**Spread the soap lather over the backs of hands**



**Make sure soap gets in between fingers**



**Grip fingers on each hand**



**Make sure to clean thumbs**



**Press fingertips into palm of each hand**



**Dry thoroughly with clean towel or paper towel**