HOW DO I CLEAN MY HANDS CORRECTLY?

Using soap and water:
• Wet hands with warm water
• Dispense soap into palm
• Rub hands together for **15 seconds**
• Rinse hands thoroughly
• Dry hands with paper towel
• Use towel to turn off faucet
• Discard towel in the trash

Using alcohol-based hand rub (ABHR):
• Dispense gel into palm of one dry hand
• Rub hands together (covering all surfaces) until dry- about **15 – 20 seconds**