

Clean  
**CLEAN**

YOUR  
**YOUR**

HANDS  
**HANDS**



**1**

Clean hands often with alcohol-based hand cleaner. Rub hands well until completely dry.



**OR**

**1**

Use antimicrobial soap and warm water when hands are visibly dirty.

**2**

Lather over hands, fingers, and nails.

**3**

Rinse hands completely.

**4**

Dry hands with paper towel or air dryer.

**5**

Turn off water with a paper towel, not bare hands.

