

# HAND HYGIENE

## PROTECT & PREPARE



### 5 EASY STEPS TO CLEAN HANDS



Wet Hands  
With Clean Water



Apply Soap



Wash Hands  
For 20 Seconds



Rinse  
Thoroughly



Dry Hands With  
Towel or Dryer

If soap and water are not available, use alcohol-based gel to clean hands.



Apply Gel



Rub Hands  
Together Until Dry