

# 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

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



Apply Gel



Rub Hands  
Together Until Dry