

SPREAD THE WORD. **NOT A VIRUS.**

SIX STEPS OF HANDWASHING

STEP 1

WET YOUR HANDS
WITH CLEAN WATER

STEP 2

APPLY SOAP

STEP 3

LATHER YOUR HANDS
INCLUDING UNDER NAILS

STEP 4

SCRUB YOUR HANDS FOR
AT LEAST 20 SECONDS

STEP 5

RINSE HANDS WELL
UNDER CLEAN WATER

STEP 6

DRY HANDS USING A CLEAN
TOWEL OR AIR DRY THEM



UCI University of
California, Irvine