

How to Wash Your Hands

Flu Season Is Here!

- Wash hands with liquid **soap** under warm running **water** for at least **20 seconds.**
- Wash hands thoroughly, paying special attention to germs that may be trapped under nails and in crevices.
- Rinse well to remove all traces of **soap.**
- Dry hands with **paper towels.**
- Use a **paper towel** to turn off the faucet after washing hands.
- Allow hands to dry thoroughly after cleansing (before contact with anything).

**Protect Yourself
and Others!**



USDA is an equal
opportunity employer
and provider



2004
ET 53-04(A)