



American
Red Cross

The 6 Steps of Handwashing



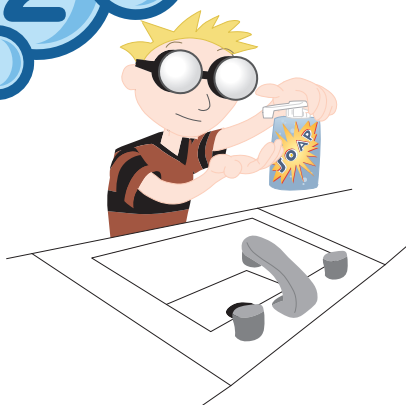
1



Step #1:

Wet your hands with warm water.

2



Step #2:

Apply soap.

3



Step #3:

Rub your hands together, and even get between those fingers for 20 seconds.

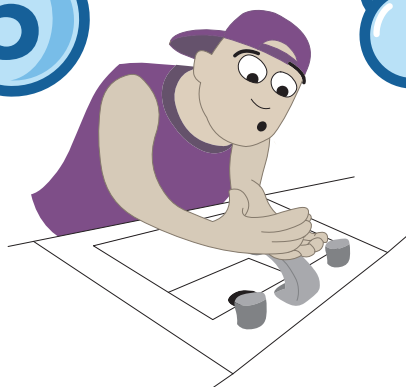
4



Step #4:

*Don't forget your fingernails.
Use a nailbrush if you have one.*

5



Step #5:

Rinse the germs away.

6



Step #6:

Dry your hands.