

You should follow these simple handwashing steps to eliminate as many bacteria from your hands as possible:



1. Turn the water on to the warmest temperature you can tolerate and wet your hands under the running water.



2. Take an adequate amount of soap or sanitizer that's provided.



3. Scrub your hands vigorously against each other for at least 20 seconds, making sure that the soapsuds cover and clean every part of your hands. Pay particular attention to the webbing between your fingers and the area under and around your fingernails where bacteria hide.



4. Rinse your hands thoroughly under the hot running water, making sure that all traces of soap are completely rinsed from your hands.



5. Dry your hands with the disposable, single-use paper towels that are provided. Throw the paper towels in the appropriate trash receptacle.

Pay special attention to what you're doing and wash your hands extremely thoroughly.