

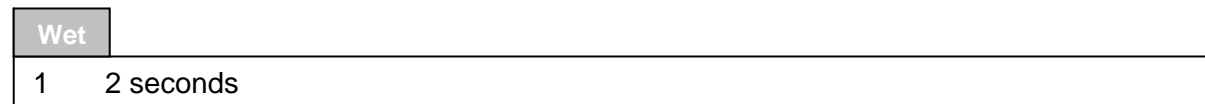
# Handwashing: 4 Steps in 20 Seconds!

## How to Wash:

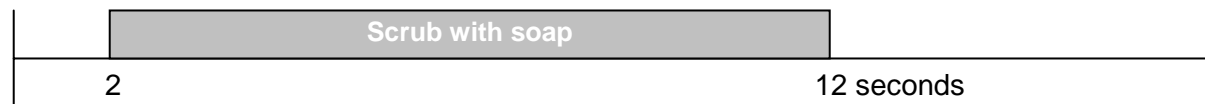
You must wash your hands at a handwashing sink that has hot and cold running water, soap, and paper towels (or other single-use drying method). From start to finish, all food workers must wash their hands for at least 20 seconds.



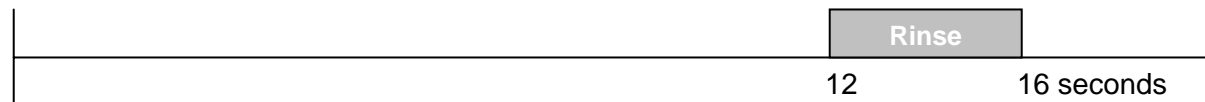
**Step 1: Wet hands** so the soap will work.



**Step 2: Apply soap and scrub.** Scrub under the fingernails, between the fingers, and all the way up to the lower arm. Scrub vigorously for at least 10 – 15 seconds.



**Step 3: Rinse hands** to send the soap, suds, and germs down the drain.



**Step 4: Dry hands completely** with a paper towel or other single-use method. Paper towels are preferred for drying hands.

