ZERO TO CLEAN
IN 30 SECONDS

Taking less than a minute to properly wash hands can help protect health and prevent the spread of bacteria and viruses that can cause illness.

1 **TURN ON FAUCET**

2 **WET HANDS**

3 **APPLY SOAP**
enough to cover all hand surfaces

4 **LATHER THOROUGHLY**
scrubbing for at least 20 seconds and being sure to clean palms, backs of hands, between fingers and under fingernails

5 **RINSE HANDS**

6 **DRY HANDS**
thoroughly with a single use towel

7 **TURN OFF FAUCET**
using towel

8 **YOUR HANDS ARE NOW SAFE!**

CDC and WHO guidelines for safe and effective handwashing

T&S