

# WASH YOUR HANDS PROPERLY!

LATHER FOR **20** SECONDS ( YOU CAN SING HAPPY BIRTHDAY TWO TIMES )



**up to your elbows**



**back of your hands**



**between fingers and  
under your nails**



**rinse, towel dry and  
turn water off with  
the paper towel**

**WASHING YOUR HANDS IS THE MOST EFFECTIVE  
WAY TO PREVENT FOODBORNE ILLNESS**