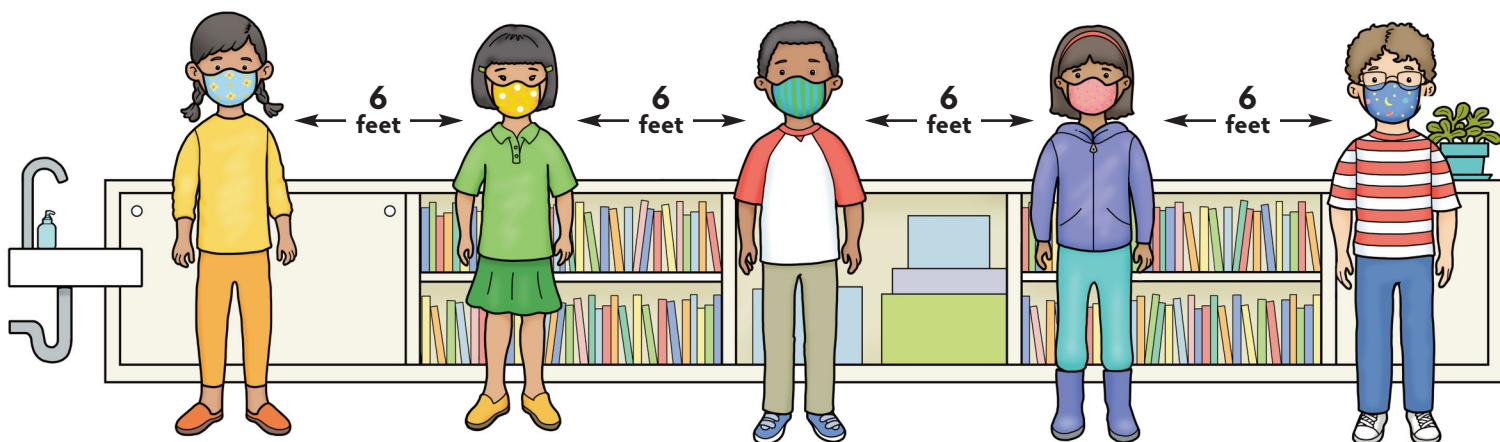


# High Speed Hand Washing

Begin by lining up at the sink, six feet away from others



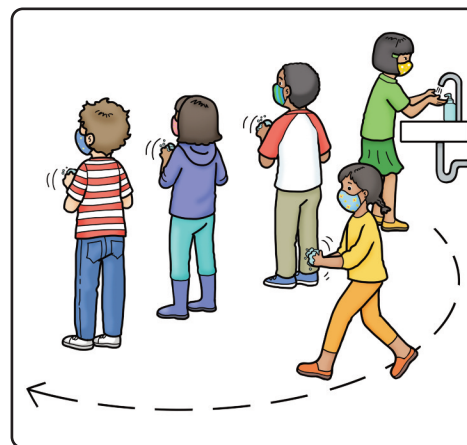
**1.** Wet your hands, then shake off water.



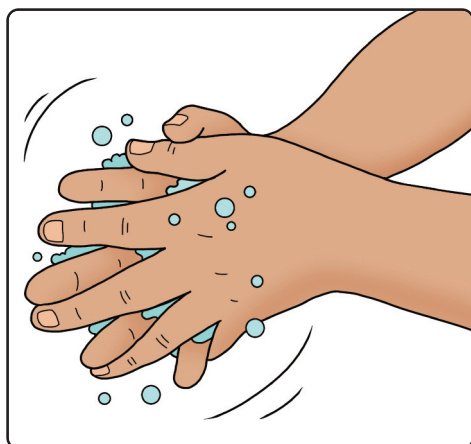
**2.** Squirt hands with soap.



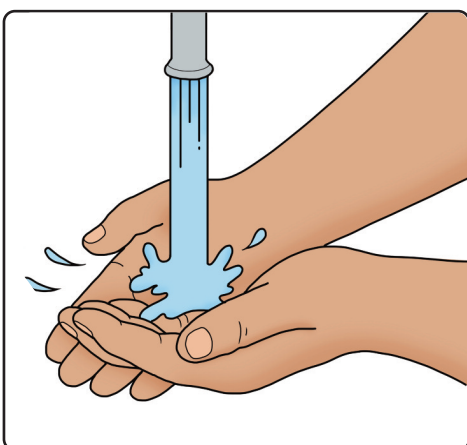
**3.** Walk to the end of the line. Stay six feet away from others.



**4.** Scrub hands as you move forward in line. Wash backs of hands, thumbs, nail beds, between fingers, and wrists well.



**5.** When you get back to the sink, rinse well. Shake extra water off of your hands into the sink.



**6.** Use a clean paper towel to dry your hands, then throw it in the trash.

