High-Speed Handwashing
Let’s begin by lining up at the sink.

1. Wet your hands, then give them a shake.
2. Squirt your hands with soap.
3. Walk to the end of the line.
4. Scrub hands (20 seconds at least) as you keep moving forward in line.
5. Back at the sink, rinse the germs down the drain.
6. Step aside, towel-dry and you’re done!

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