

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!

