## High Speed Hand Washing

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



Wet your hands, then shakeoff water.



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



**C**• Squirt hands with soap.



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



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



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







## For more information: https://beav.es/HighSpeedHandWashing

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