

Influenza

Washing Hands with Soap and Water



- 1/ Wet your hands.**
- 2/ Apply soap to hands.**
- 3/ Lather for 15 seconds.**
(rub between fingers, back of hands, fingertips and under nails)
- 4/ Rinse well under running water.**
- 5/ Dry hands thoroughly.**
(turn off taps with paper towel if available)

