



American  
Red Cross

# The 6 Steps of Handwashing



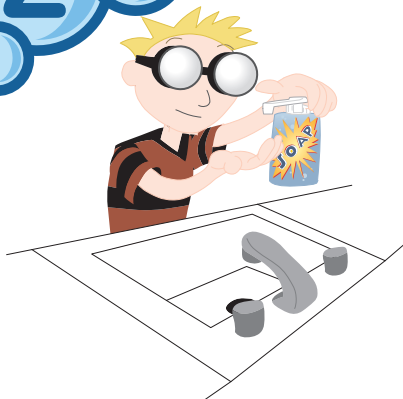
1



**Step #1:**

*Wet your hands with warm water.*

2



**Step #2:**

*Apply soap.*

3



**Step #3:**

*Rub your hands together, and even get between those fingers for 20 seconds.*

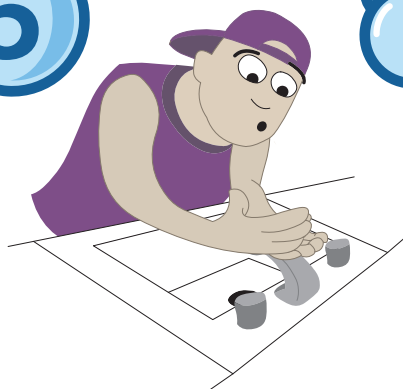
4



**Step #4:**

*Don't forget your fingernails.  
Use a nailbrush if you have one.*

5



**Step #5:**

*Rinse the germs away.*

6



**Step #6:**

*Dry your hands.*