Clean hands can stop germs from spreading from your workplace to your home.

- **Wet** your hands with clean, running water, and apply soap.
- **Lather** your hands by rubbing them together. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds.
- **Rinse** well under clean, running water.
- **Dry** your hands using a clean towel or air-dry them.
- **Don’t** use bare hands to turn off the tap, use a paper towel or your elbow.

For more information, please visit [www.Lni.wa.gov](http://www.Lni.wa.gov)