

# By encouraging hand washing, illness can be reduced by **30% to 50%**

Studies show that people tend to miss out washing the fingertips and the back of their hands. Bacteria can stay alive on your hands for up to **3 hours**.

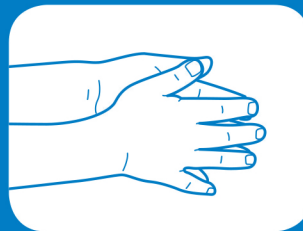
Follow these simple steps to remove potentially lethal germs by washing your hands for at least **20 seconds**.



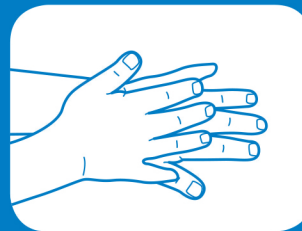
Wet hands and wrists



Apply soap



Rub palms with fingers interlocked



Rub back of hands with fingers interlocked



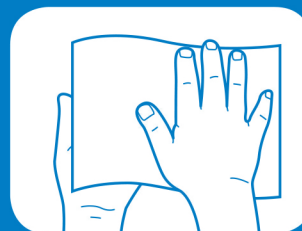
Rub thumbs



Rub fingertips on palms



Rub while rinsing



Dry thoroughly