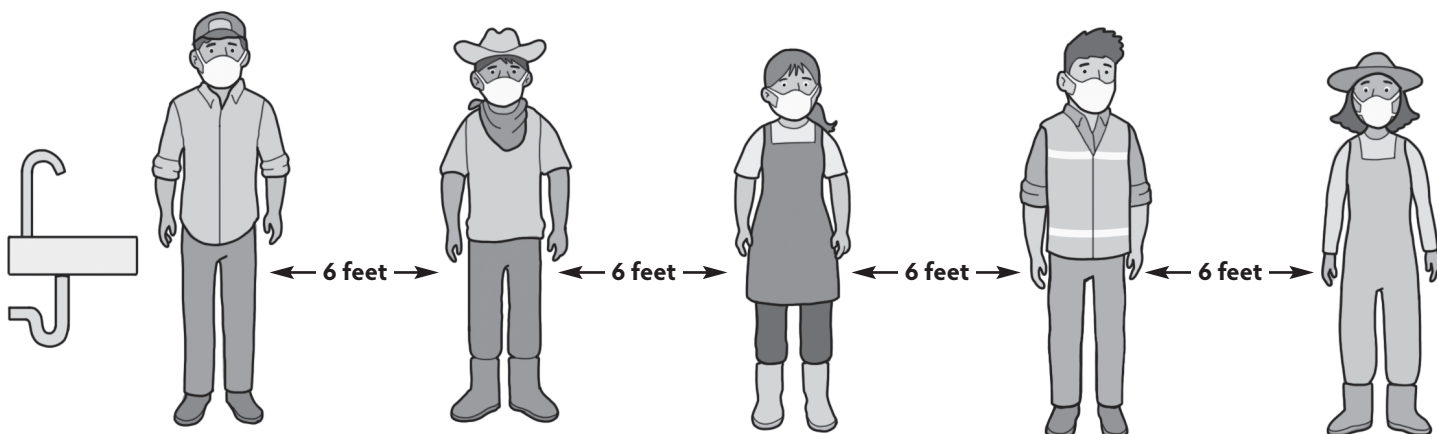


# High Speed Hand Washing

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



**1.** Wet your hands, then shake off water.



**2.** Squirt hands with soap.



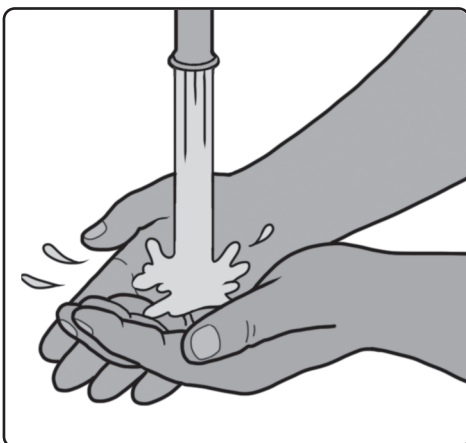
**3.** Walk to the end of line, stay six feet away from others.



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



**5.** When you get back to sink, rinse well.



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

