

Midlab presents **HOW TO:**

properly **WASH YOUR HANDS**



1



Wet your hands with clean, running water (warm or cold)

2



Lather your hands by rubbing them together with the soap.*

*Be sure to lather the backs of your hands, between your fingers, and under your nails.

3



Scrub your hands for at least 20 seconds.*

*Need a timer? Hum the "Happy Birthday" song, beginning to end, twice.

4



Rinse your hands well under clean, running water.

5



Dry your hands using a clean towel.

for more info
visit midlab.com or call 800.467.6294


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