1. **Turn water on.**
   - Be sure clean, disposable paper towels are available.
   - Turn on warm water. (80-110 °F in NC)

2. **Wet hands.**
   - Wet hands with water.

3. **Apply soap.**
   - Apply liquid soap.

4. **Wash hands.**
   - Wash hands well for 20 seconds. Rub top and inside of hands, under nails and between fingers.

5. **Rinse hands.**
   - Rinse hands under running water for at least 10 seconds.

6. **Dry hands.**
   - Dry hands with clean, disposable paper towel.

7. **Turn water off.**
   - Turn off the water using the paper towel.

8. **Throw paper towel away.**
   - Throw the paper towel into a lined trash container.

*Revised: December 2010*