

# Wash Your Hands! ¡Lávase Las Manos!



**1. Wet Hands**  
Moja las manos



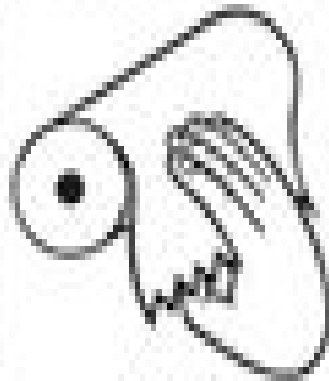
**2. Soap**  
Enjabón



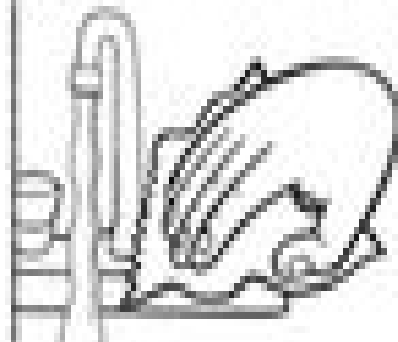
**3. Wash for 20 seconds**  
Enjabón las manos por 20 segundos



**4. Rinse**  
Enjabón



**5. Dry**  
Seque las manos



**6. Turn Off Water**  
with Paper Towel  
Cierre el grifo usando un toalla de papel

Source: Centers for Disease Control and Prevention, Division of Field Epidemiology, National Center for Zoonotic and Food-Borne Infections