



## THE BRONNER MOM'S Handwashing How-To (and How-Not-To)

### Step 1

Wet hands and apply soap.



### Step 2

Rub hands for 20 seconds; include fingers and fingernails.



### Step 3

Rinse well.



### Step 4

Dry hands. Avoid touching surfaces.



### Handwashing No-no's

#### ❌ The "H<sub>2</sub> Only"

Water alone won't work. Use soap to get rid of germs.

#### ❌ The "Flash Wash"

Too quick is no good. Wash for 20 seconds.

#### ❌ The "Finger Free"

Don't skip the tips. Wash fingers and nails well.

#### ❌ The "Why Bother"

Knobs and handles are dirty. Touching means re-washing.