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