1: Wet your hands with warm running water and apply soap.
2: Rub hands together to make lather and scrub all surfaces for 20 seconds.
3: Rinse hands well under running water.
4: Dry your hands using a paper towel or air dry.
5: Use your paper towel to turn off the faucet.

No soap and water? Use alcohol-based hand gel.
1: Apply gel to palm.
2: Rub the gel over all surfaces of hands and fingers until dry.