Clean Your Hands!

1. WET
2. SOAP
3. WASH
4. RINSE
5. DRY
6. TURN OFF WATER WITH PAPER TOWEL

How to wash your hands with soap and water:
- Use soap and warm, running water.
- Keep fingers pointing down.
- Rub hands vigorously for 20 seconds. Wash all surfaces:
  - Backs of hands
  - Wrists
  - Between fingers
  - Tips of fingers
  - Thumbs
  - Under fingernails
- Dry vigorously with paper or clean cloth towel.
- Turn off faucet with towel and open door with towel.

How it works:
- The soap suspends the dirt and soils.
- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs.

How to wash your hands with a alcohol-based handrub:
- Apply a dime sized amount of handrub gel to the palm of one hand or use a alcohol-based handrub wipe.
- Rub hands together covering all surfaces of hands and fingers until handrub is absorbed.

How they work:
- Act quickly to kill microorganisms
- Reduce bacterial counts on hands

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