

# Correct Hand Washing Procedure



## **Wet your hands.**

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



## **Lather your hands.**

Lather your hands by rubbing them together with the soap.



## **Lather thoroughly.**

Lather the backs of your hands, between your fingers, your wrists, and under your nails.



## **Scrub your hands.**

Scrub your hands for at least 20 seconds.



## **Rinse your hands.**

Rinse your hands well under clean, running water.



## **Dry your hands.**

Dry your hands using a clean towel or air dry them.

Washing your hands with soap and water is best; however, if soap and water are not available, use hand sanitizer that is at least 60% alcohol as an alternative.

