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.