

# Correct Handwashing 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. For more information, visit [healthyhorns.utexas.edu](https://healthyhorns.utexas.edu).

**healthyhorns**



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