

Hand Washing Guide



How to Wash Hands

- Start with warm or hot water.
- Use soap and make a lather.
- Rub and scrub thoroughly for 20 seconds.
- Scrub palms, back of hands, between fingers and under nails.
- Rinse well, and then use a paper towel to shut off the faucet.
- Dry hands completely.

When to Wash Hands

Always wash hands after:

- Using the toilet
- Changing diapers
- Coughing, sneezing or using a tissue
- Eating, drinking or smoking
- Touching cuts, burns or infected areas of the skin
- Handling raw meat and poultry
- Touching animals
- Touching public surfaces such as door handles

Always wash hands before:

- Touching eyes, nose or mouth
- Inserting or removing contact lenses
- Preparing food
- Eating