

# Wash Your Hands!



## 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.

Wash your hands with soap and water when your hands:

- After using the restroom
- After eating
- After smoking
- When changing from one job duty to another
- After taking out garbage
- After handling raw food
- After handling chemicals
- After handling money
- After touching your face, hair or body



**Washing Your Hands Is The #1 Thing You Can Do To Prevent Illness!**