Wash Your Hands!

1. WET
2. SOAP
3. WASH
4. RINSE
5. DRY
6. TURN OFF WATER WITH PAPER TOWEL

How to wash your hands with soap and water:
- Use soap and warm, running water.
- Keep fingers pointing down.
- Rub hands vigorously for 10 - 15 seconds. Wash all surfaces:
  - Backs of hands
  - Wrist
  - 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

Wash Hands BEFORE Using Sanitizers

NEVER use a hand sanitizer instead of washing. Use a sanitizer after you wash your hands. Sanitizers act quickly to kill microorganisms and reduce bacterial counts on the hands.

How to clean your hands with an alcohol-based handrub:
- Apply a dime sized amount of handrub gel to the palm of one hand or use an alcohol-based handrub wipe.
- Rub hands together covering all surfaces of hands and fingers until handrub is absorbed.

1. PLACE
2. RUB until dry