

How to Properly Wash Your Hands

7 STEPS

- 01 Wet hands with clean, running water.
- 02 Use liquid soap. Apply enough to cover all surfaces of your hands and wrists.
- 03 Wash hands for 20 seconds. Make sure to scrub all surfaces of your hands, fingertips, fingernails, and wrists.
- 04 Rinse hands and wrists with clean, running water.
- 05 Dry hands with a single service disposable paper towel.
- 06 Turn off the faucet with the paper towel.
- 07 Throw the paper towel away into a lined trash can.

