

# Wash Your Hands the Correct Way



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*Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.*

## **WASH HANDS WITH SOAP AND WATER:**

- Wet your hands with warm running water and apply soap
- Rub hands together to make a lather and scrub all surfaces
- Rub hands for 15–20 seconds
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. Use your paper towel to turn off the faucet



**USE AN ALCOHOL BASED HAND RUB TO CLEAN HANDS IF SOAP AND WATER ARE NOT AVAILABLE** - *Alcohol based hand rubs significantly reduce the number of germs on skin and are fast acting.*

- Apply product to the palm of one hand and rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry

