

hand washing

Wash your hands frequently. Regularly and thoroughly clean your hands with soap and water or an alcohol-based hand rub.



STEP 1

SOAP & WATER

Wet hands with water. Apply enough soap to cover all hand surfaces.

STEP 2

SCRUB & RINSE

Rub hands palm to palm. Right palm over left hand, interlaced fingers, and vice versa. Palm to palm, fingers interlocked. Rotational rubbing of right and left thumbs. Rotational rubbing with clasped fingers, in palm.



STEP 3

DRY THOROUGHLY

Dry thoroughly with a towel for a minimum of twenty seconds.

