



wet



soap



wash



rinse



dry

Stay Healthy

Five tips for effective hand washing

1. Wet your hands with warm running water.
2. Put a small amount of liquid soap in the palm of one hand and rub your hands together for 20 seconds so you produce lather. Be sure to get between your fingers, under your nails and the backs of your hands.
3. Rinse your hands under clean running water for 10 seconds.
4. Try not to handle the faucets – use paper towel to turn off the water.
5. Dry your hands with a single use paper towel.

Another tip: Try to avoid touching surfaces like door knobs, ATM machines and light switches and then touching your eyes, nose or mouth.

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