

Washing Your Hands



1. Turn Water On.

Be sure **clean, disposable paper towels** are available.

Use **warm water**.



2. Wet Hands.

Wet hands with water.



3. Apply Soap.

Apply **liquid soap**.



4. Wash Hands.

Wash hands well. Be sure to rub the top and inside of hands, under nails and between fingers for at least 20 seconds.



5. Rinse Hands.

Rinse hands under running water.



6. Dry Hands.

Dry hands with clean, disposable paper towel.



7. Turn Water Off.

Turn off the water using the paper towel.



8. Throw Away Towel.

Throw the paper towel into a lined trash container.