

# Hand Washing

To ensure your hands are free of germs, practice these guidelines for proper hand washing. Only use hand sanitizer if soap and water are not available.



1

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



2

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



3

Scrub your hands for at least 20 seconds.



4

Rinse your hands well under clean, running water.



5

Dry your hands using a clean towel or air dry them.



## Times to Wash

- ☐ After being in public
- ☐ Before touching your eyes, nose, or mouth
- ☐ After you have touched gas pumps, shopping carts, door handles, cash registers/screens
- ☐ Before and after eating
- ☐ Before and after caring for a sick person
- ☐ Before and after treating a cut or wound
- ☐ Before, during, after preparing food
- ☐ After using the toilet
- ☐ After changing diapers or helping a child use the bathroom
- ☐ After blowing your nose, coughing, or sneezing
- ☐ After touching an animal, their food, or their waste
- ☐ After touching garbage