



Wash Your Hands

- 1 Wet
- 2 Soap
- 3 Wash
- 4 Rinse
- 5 Dry
- 6 Turn off water
with paper towel

How to wash your hands with soap and water:

- Use soap and warm, running water.
- Rub hands vigorously for 20 seconds.
- Wash all surfaces.
- Dry with paper or clean cloth towel.
- Turn off faucet with towel and open door with towel.

How to clean your hands with an alcohol-based handrub:

- Apply a dime sized amount of handrub gel to the palm of one hand or use an alcohol-based handrub wipe.
- Rub hands together covering all surfaces of hands and fingers until handrub is absorbed.

Wash your hands with soap and water when your hands are visibly soiled. If soap and water is not available, use alcohol-based handrub (wipes or gel).

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