

Hand Washing Tips



- Check to be sure a paper towel is available.
- Turn on water to a comfortable temperature.
- Moisten hands with water and apply heavy lather of liquid soap.
- Wash well under running water for at least 20 seconds.
- Pay particular attention to areas between fingers, around nail beds, under fingernails, and back of hands.
- Rinse well under running water until free of soap and dirt. Hold hands so that water flows from wrist to fingertips.
- Dry hands with paper towels.
- Use paper towel to turn off faucet; then discard towel.
- Use hand lotion, if desired.

Wash Your Hands After...

1



**Playing with
pets**



**Using the
bathroom**

3



**Sneezing, blowing
your nose &
coughing**

4



**Touching a cut or
open sore**

5



Playing outside

6



Eating