

Proper Hand Washing Techniques



1. Turn on the water. Place your hands underneath the faucet and wet your hands thoroughly.



2. To conserve water, turn off the faucet while you take some soap and vigorously rub your hands together to create a lather. Wash your hands in the soap for 20 seconds. Wash the tops, sides, palms, wrists, and in between fingers.



3. Rinse your hands under running water for 30 seconds.

4. Take a clean, dry towel. Use a corner of the towel to turn off the faucet. Use the rest of the towel to dry your hands.

