

# Hand Washing



## HOW TO WASH

- Use soap and warm water
- Wash hands vigorously for at least 20 seconds
- Be sure to clean between fingers, under fingernails and under jewelry
- Rinse hands under warm water again to remove remaining soap
- Use a paper towel to turn off the faucet
- Dry hands well with a paper towel or air blower

## WHEN TO WASH

- After arriving to a destination
- After working or playing outdoors
- After coughing, sneezing, or blowing your nose
- Before preparing or eating food and meals
- After using the restroom
- After working or playing with animals
- When you or others are ill
- When hands are visibly dirty

