

# EFFECTIVE HANDWASHING

## 7 Steps to Prevent the Spread of Germs



Turn on water to a comfortable temperature and moisten hands and wrists.



Apply a generous portion of liquid soap.



Generate a heavy lather and wash well for approx. 15 seconds. Clean between fingers, nail beds, under fingernails and backs of hands



Rinse well under running water, keeping hands low in sink to prevent splashing.



Hold hands so that water flows from the wrist to fingertips.



Dry hands completely with clean paper towels.



Use the paper towel to turn off the tap so your hands remain clean.