

How to Properly Wash Your Hands

Always wash your hands with warm water and use an anti-bacterial soap.

1. Wash your palms, wrists, back of the hands, between the fingers and under the nails. Use a nailbrush if you have one available.
2. Create friction by rubbing your hands together for at least 15 seconds. This is about the same time it takes to sing 2 verses of Happy Birthday or your ABC's.
3. Rinse your hands thoroughly. Make sure you get all the soap off.
4. Dry your hands on a clean towel or use paper towels. Make sure you pat your hands and work back toward your forearms.
5. Turn off the water using a dry towel or paper towel.
6. If your skin is dry, this is a good time to apply lotion.

