

Handwashing

How to wash hands (should take at least 20 seconds):



1. **Wet hands and arms.** Use running water as hot as you can comfortably stand



2. **Apply soap.** Apply enough to build up a good lather



3. **Scrub hands & arms vigorously. Scrub them for 10 to 15 seconds.** Clean under fingernails and between fingers. Consider using a fingernail brush



4. **Rinse hands and arms thoroughly.** Use running warm water.



5. **Dry hands and arms.** Use a single-use paper towel. You can use the paper towel to turn off the faucet and open the restroom door.



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