

# How to properly wash your hands

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand sanitizer. Wash hands for **at least 20 seconds** or more. Pay attention to areas of the hand most frequently missed.

- Keep nails short.
- Avoid wearing rings.
- Avoid artificial nails or nail varnish.
- Remove watches and bracelets.
- Wash wrists and forearms if they are likely to have been contaminated.
- Make sure that sleeves are rolled up and do not get wet during washing.



Wet your hands and wrists.



Use soap and lather for a minimum of 20 seconds and scrub hands well.



Scrub back of each hand with palm of other hand.



Scrub in between and around your fingers.



Scrub fingertips of each hand in opposite palm.



Scrub each thumb clasped in opposite hand.



Clean palms and fingers together.



Scrub each wrist and above clasped in opposite hand.



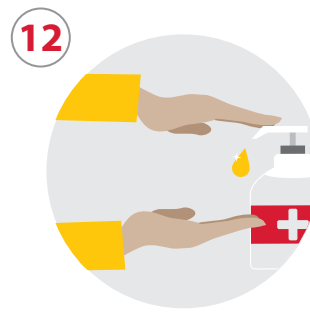
Rinse thoroughly under running water.



Wipe and dry hands well with paper towel.



Turn off water using paper towel.



If you are not close to water: use enough hand sanitizer and keep rubbing your hands all over until they are dry.

If you have further questions or concerns, please call **Health Link at 811**.