

How to wash hands with soap and water

For 15 to 30 seconds—steps **1** through **5**



1. Wet hands with warm water



2. Apply enough soap to cover entire surface of hands



3. Vigorously rub soap palm to palm



4. Wash back of each hand with palm of other hand



5. Clean your wrists

Don't Forget—steps **6** through **8**



6. Space between fingers



7. Thumbs



8. Fingertips



9. Rinse all aspects of hands under running water



10. Pat hands dry with disposable paper towel, then use towel to turn off faucet



11. Dispose of paper towel in waste basket