

# Hand Washing:

## A Refresher Course



T H E F L U A N D Y O U

### How to Make Soap and Water Effective

- **Wet** your hands with clean running water – warm if available.
- **Apply** soap and rub your hands together to make a lather.
- **Scrub** all surfaces, nails and cuticles. Continue rubbing your hands for 15-20 seconds.
- **Imagine** singing “Happy Birthday” to a friend.
- **Rinse** your hands well under running water.
- **Dry** your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet and to open the door when exiting a restroom.
- **Don't delay** — use soap and water if your hands are visibly dirty.

Clean hands are helping hands . Washing them often is the best primary protection against spreading germs.

### No Soap and Water Handy?

Use an alcohol-based hand rub. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting and fast-drying.

#### With alcohol-based hand sanitizer:

- **Apply** product to the palm of one hand.
- **Rub** hands together.
- **Rub** the product over all surfaces of your hands, fingers and nails until hands are dry.