



Wet hands with warm water



SOAP

Apply enough soap to cover all hand surfaces

LATHER HANDS FOR 20 SECS & UP



PALMS OF HANDS + WEBS

Rub palms together, slide hands back & forth so fingers interlock and webs are rubbed



BACK OF HANDS + WEBS

Rub back of hands with palm of opposite hand, slide hands back & forth so fingers interlock and webs are rubbed

CONTINUE TO LATHER HANDS



FINGERTIPS

Rub fingertips of each hand into the opposite palm in a circular motion



KNUCKLES

Rub knuckles by curling fingers & twisting hands; repeat on opposite side



THUMB

Rub each thumb from base to tip in a circular motion



OUTSIDE OF HAND

Rub outside border of each hand into the opposite palm



WRIST

Rub each wrist with the opposite hand in a circular motion



RINSE

Rinse thoroughly under running water



DRY HANDS

Pat hands dry with paper towel



TURN OFF FAUCET

Use towel to turn off faucet



CLEAN HANDS

Your hands are now safe