

Do it often!

Hand Washing Steps



Before washing...

- Keep your fingernails nice and short
- Remove accessories like watches or rings



After getting your hands wet with running water, apply some soap and rub your palms together.



Rub the back of your hands as well.



Be sure to clean your nails and fingertips.



Wash in between your fingers.



Wash your thumbs by twisting your palms around them.



Don't forget to also wash your wrists.

After washing with soap, rinse your hands well with running water and then wipe dry with a clean towel or some paper towel.

Wash your hands frequently and wear face masks on a regular basis to prevent the spread of infection!