



# STEPS FOR HANDWASHING

Stop the spread of germs and keep yourself  
and others from getting sick.



**1.** Wet your hands with warm water.



**2.** Lather up with soap. Soap gets rid of the oil that helps germs stick to your hands.



**3.** Rub and scrub your hands together for at least 20 seconds. Strongly rub and scrub your wrists, palms, between fingers, under your nails, and the back of your hands. The soap and scrubbing action loosens the germs off your hands.



**4.** Rinse your hands thoroughly with warm, running water.



**5.** Dry your hands completely with a clean towel or paper towel. Use the towel to turn off the faucet when you're finished drying your hands. Throw the paper towel away.

If soap and water aren't available, use an alcohol-based hand sanitizer. Alcohol-based hand sanitizers can usually be found as a gel or wipes. Make sure the product is at least 60 percent alcohol.

**To use an alcohol-based hand sanitizer:**

- Rub the gel or wipe all over both hands.
- Rub hands together for 30 seconds until they feel dry.