

HANDWASHING



1. Wet hands with hot water (100°F-110°F)



2. Use soap



3. Lather, rub Sing Happy Birthday twice (15- 20 seconds)



4. Rinse



5. Towel or air dry hands



6. Turn off water with towel or sleeve

HAND ANTISEPTIC



1. Place a drop of alcohol-based hand antiseptic, the size of a dime in your palm.



2. Rub hands together; palm to palm.



3. Rub back of each hand with palm and interlaced fingers of the other hand



4. Rub around each thumb clasped in the opposite hand.



5. Rub fingertips of each hand backward and forward in the opposite hand.



6. Keep rubbing until your hands are dry. Paper towels are not needed