

How to wash your hands

Proper hand washing protects you, your family, and others against infection.



1 Wet your hands with water and apply soap



2 Rub hands together, palm to palm



3 Wash between your fingers



4 Wash the backs of your hands



5 Clean under your fingernails



6 Clean around the base of your thumbs



7 Clean around your wrist



8 Rinse off soap under running water



9 Pat hands dry and use a paper towel or your elbow to turn off the tap

When to wash your hands

- If they look or feel dirty
- Before preparing, or eating food
- After handling waste, dirty laundry, or using the toilet
- After sneezing, coughing, or blowing your nose
- After shaking hands
- After touching pets