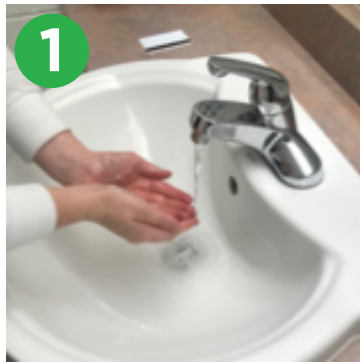
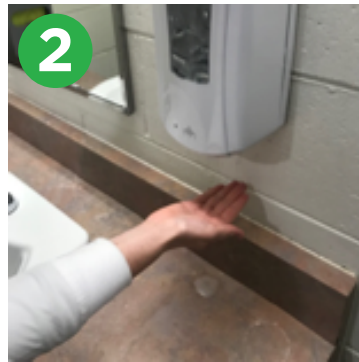


# Hand Washing Guidelines



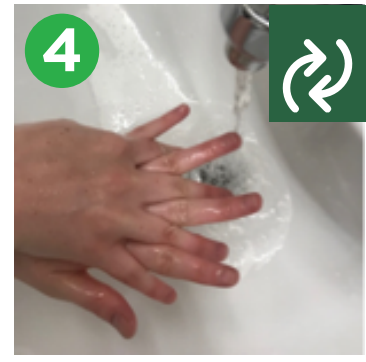
**1**  
Wet hands in warm water



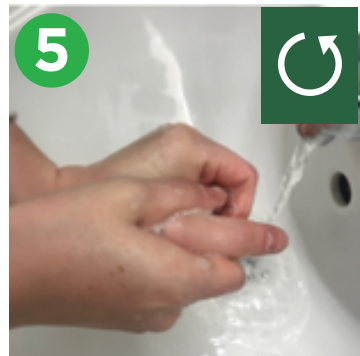
**2**  
**USE SOAP** to create a thick lather. Wash hands for 20 seconds. (Top tip: Singing happy birthday to yourself twice takes 20 seconds!)



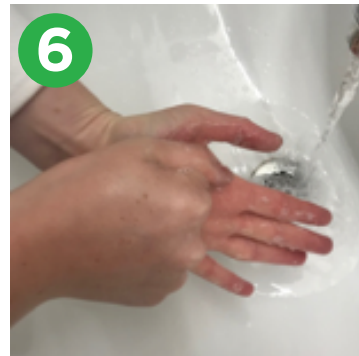
**3**  
Make sure to get the back of the fingers!



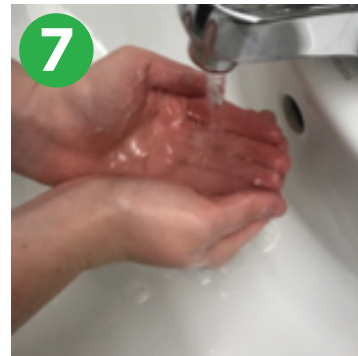
**4**  
Scrub in-between the fingers



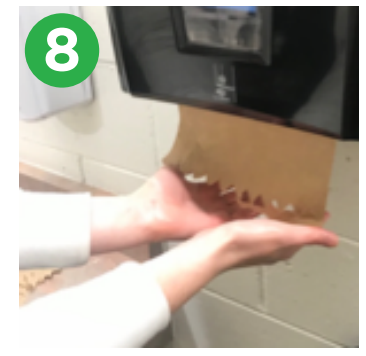
**5**  
Rub thumbs rotationally (this is a commonly missed spot)



**6**  
Wash the palms and scrub the nails!



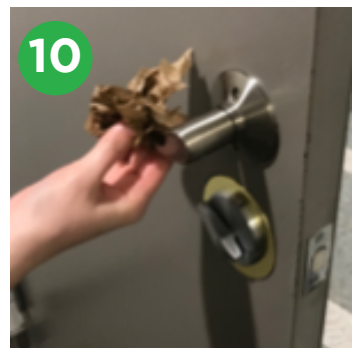
**7**  
Rinse hands



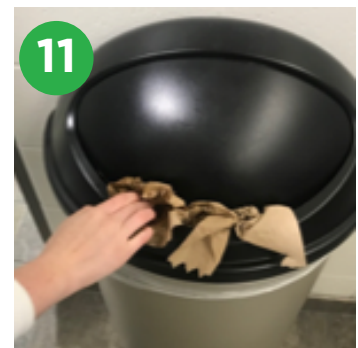
**8**  
Leave tap on and dry hands with paper towel



**9**  
Turn tap off using the paper towel



**10**  
Use paper towel to open the door



**11**  
Throw out paper towel

## Washing your hands:

Proper hand washing techniques are an effective way to prevent the spread of infection.

### Remember to keep yourself protected!

- Remember to wash your hands after:
  - Using the toilet
  - Sneezing or coughing (even if into your sleeve)
  - Touching animals
  - Going outside
  - And before handling food and eating
  - Smoking
  - Handling dirty utensils or objects

### Avoid These Common Mistakes:

- Don't use a common washcloth or hand towel – always a disposable towel
- Don't use sponges or non-disposable cleaning cloths unless you launder them on a regular basis.

**Tip:** Use chlorine bleach in the water to clean!

### Top Tips:

- Use an alcohol-based hand sanitizer if soap and water are not available
- Cover any cuts with a water-resistant dressing (you don't want germs getting in!)
- Keep your hands away from your eyes, nose, and mouth
- Assume that contact with any human body fluid is infectious (i.e. sneezing)