

# SKILL SHEET: WASHING HANDS



1. Turn on warm water and wet hands.



2. Apply the correct amount of soap



3. Rub your hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers.

- Scrub nails by rubbing them against the palms of your hands.
- Wash surfaces around fingernails, where jewelry is worn, and between fingers.



4. Rinse your hands with water.

5. Dry your hands thoroughly with a disposable towel.

6. Turn off the faucet using the disposable towel.

**If hand-washing facilities are not readily available, use alcohol-based hand sanitizer (60-95% alcohol).**

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## Clean your hands often, especially:

- Before and after contact with a person who is sick.
- After coughing or sneezing, even when using a tissue.
- Before, during, and after preparing food.
- Before eating.
- After using the bathroom.
- After handling trash, garbage or animal waste.
- When coming into the home from public places.
- When hands are dirty.

