How to Wash Your Hands

Practicing hand hygiene, which includes hand washing with soap and water for at least 20 seconds or using alcohol-based disinfectant, are simple and effective ways to prevent the spread of germs and infections in healthcare settings.

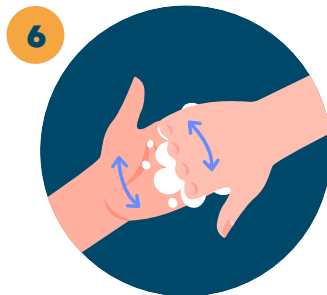**1** Wet your hands with water.

2 Apply soap on the palm of the hand.

3 Rub hands palm to palm.

4 Lather the back of both hands.

5 Scrub between your fingers.

6 Rub the back of fingers on the opposing palm.

7 Clean thumbs.

8 Wash fingernails and fingertips.

9 Rinse hands with water.

10 Dry with a single towel.

11 Use the towel to turn off the faucet.

12 Your hands are clean.