

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.



Wet your hands with water.



Apply soap on the palm of the hand.



Rub hands palm to palm.



Lather the back of both hands.



Scrub between your fingers.



Rub the back of fingers on the opposing palm.



Clean thumbs.



Wash fingernails and fingertips.



Rinse hands with water.



Dry with a single towel.



Use the towel to turn off the faucet.



Your hands are clean.