

Wash Your Hands

with Soap and Clean Running Water



1
Wet hands with running water, apply soap, and rub hands palm to palm.



2
Rub the back of the hands alternately.



3
Scrub between fingers.



4
Rub back of fingers alternately with the lock position.



5
Rub and rotate both thumbs alternately.



6
Rub fingertips, rinse hands and dry with a clean towel or air-dry.



Wash hands with soap and running water for 60 seconds, especially during some key times:

- Before preparing food and drink
- Before eating
- Before breastfeeding
- After coughing and sneezing
- After changing diaper
- After using toilet
- After touching animals

