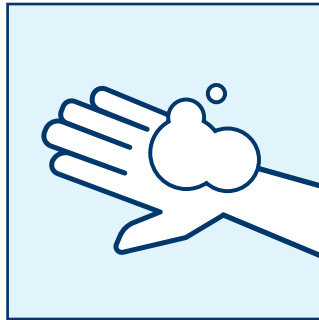


# Hand washing procedure

Wash and dry your hands thoroughly for at least 60 seconds with soap, water and paper towel



**1** Wet hands and arms to remove dirt



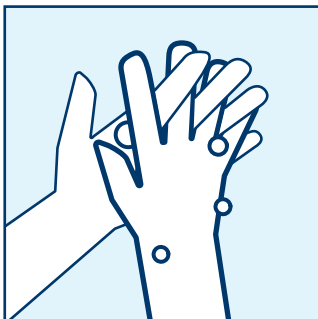
**2** Apply soap – be sure to dispense enough to cover both hands



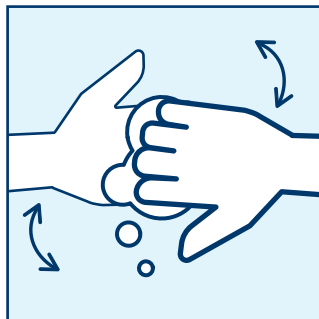
**3** Scrub hands and arms vigorously starting with palms



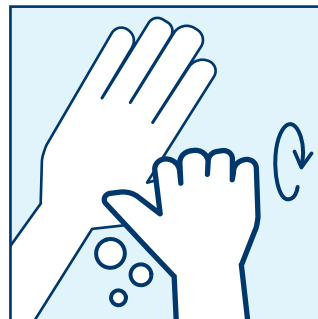
**4** Rub the back of one hand against the palm of the other, then swap



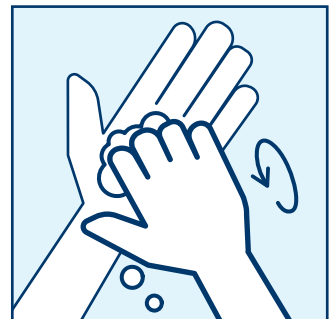
**5** Rub palms together with fingers interlaced



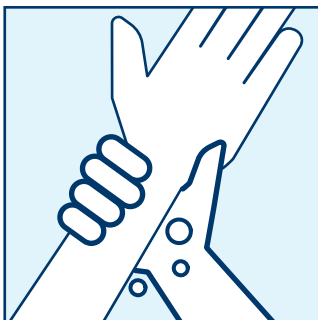
**6** Rub tips of fingers against palm of the opposite hand



**7** Wash each thumb by rotating inside the palm of the other hand



**8** Rub the backs of fingers in small circular motions against palms



**9** Remember to wash the wrists



**10** Rinse hands and arms thoroughly with water for 30 seconds



**11** Dry hands and arms with a single use paper towel

Hand washing is the single most important means of preventing the spread of infection\*

\*CDC general information on hand hygiene



Think ahead.