

## Proper Hand Washing Procedure

Items Needed: Warm running water, soap, a clean and dry cloth or paper towel, and possibly hand sanitizer.

### Step 1:

Rinse dirt and germs from your hands under warm running water.



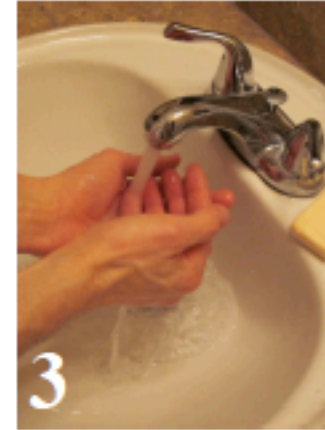
### Step 2:

Apply soap and rub/lather the front and back of your hands including between your fingers and under your fingernails for twenty seconds.



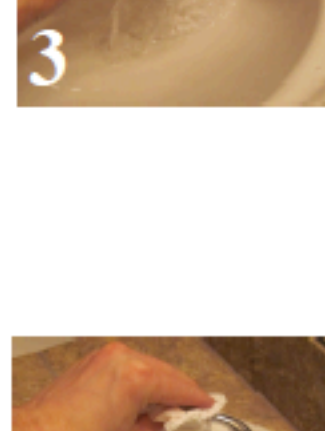
### Step 3:

Rinse hands again under warm running water.



### Step 4:

Dry hands with a clean dry cloth or paper towel.



### Step 5:

Turn the facet handle off with the cloth or paper towel.



### Step 6:

Use the cloth or paper towel to open the door if/when exiting. Properly replace or dispose of the cloth or paper towel.



### Other:

If soap and water are not available, use hand sanitizer as a substitute.

