

# WASHING YOUR HANDS



## 5 STEPS TO WASHING YOUR HANDS



Wet your hands with running water.



Apply antibacterial soap.



Rub soap over hands, between fingers, and under fingernails for at least 20 seconds.



Rinse your hands with running water.



Wipe your hands dry with paper towels.

## WHEN TO WASH YOUR HANDS

### BEFORE:



PREPARING FOOD



EATING



TREATING A CUT OR WOUND

### AFTER:



SMOKING OR A BREAK



THE TOILET



BLOWING YOUR NOSE, COUGHING, OR SNEEZING



TOUCHING GARBAGE OR SOILED LINEN



PREPARING FOOD



TREATING A CUT OR WOUND