

Hand Washing



How to Wash Hands

1. Use warm water to moisten hands.
2. Apply soap and rub vigorously.
3. Rub and scrub at least 20 – 30 seconds. Tell children to wash their hands for as long as it takes to sing their “ABCs”, “Row, Row, Row Your Boat” or “Happy Birthday”.
4. Be sure to wash back of the hands, wrists, under nails and between fingers.
5. Rinse hands under warm running water.
6. Dry hands with a clean towel.

What About Hand Sanitizers?

- If soap and water are not available alcohol gel hand sanitizers are the next best way to destroy germs on your hands.
 - Apply hand sanitizer to one hand.
 - Rub hands together to cover all surfaces of hands and fingers with hand sanitizer.
 - Rub until hand sanitizer is absorbed.
- Germs hide in the dirt and oils on your hands. Hand sanitizers do nothing to remove the dirt and oils. Washing with soap and water is still the preferred way to wash hands.
- **Adults should help young children use hand sanitizers properly. Store hand sanitizers out of the reach of young children.**