



## **HAND WASHING**

1. Use soap and warm running water.
2. Wet your hands and add soap.
3. Rub your hands vigorously for 5 to 10 seconds.
4. Wash all surfaces, including the backs of hands and between fingers.
5. Rinse your hands well under running water for 5 to 10 seconds.
6. Dry your hands well with a towel. Turn off the taps with a single-use towel.
7. Dispose of the cloth or paper towel.
8. Apply hand lotion, as needed.

**WASHING YOUR HANDS IS THE SINGLE MOST EFFECTIVE WAY OF  
REDUCING THE SPREAD OF INFECTION.**