

How to wash your hands with soap and water

1. Wet your hands under warm, running water.
2. Rub your hands together with soap and work up a good lather.
3. Wash the palms, sides and the back of your hands, in between your fingers, your thumbs and under your fingernails.
4. Do this for 15 seconds. 15 seconds lasts long enough for you to sing your ABCs or Twinkle, Twinkle Little Star.



5. Rinse your hands under warm, running water. Make sure you get all the soap off.
6. Dry your hands with a clean towel or paper towel. Pat your hands, and work back toward your forearms.

7. Turn the faucet off with the paper towel (unless you are using an automatic faucet).
8. If the skin on your hands get dry, use lotion to prevent chapping.



Tips to remember:

Always wash your hands:

- before and after giving care
- after changing a dressing, toileting a patient or handling needles
- after coming in contact with blood, urine, stool or other bodily fluids (even if you were wearing gloves)
- every time you change gloves