

Effective hand washing guide

Keeping your hands clean is the simplest and most cost-effective way to reduce the spread of germs. So take the time to properly wash and dry your hands with soap, water and a single-use towel. For best results it is recommended you take 20 seconds to wash your hands and 20 seconds to dry them. Frequent hand washing using the below five steps will help keep your hands germ free.

Step one



Wet your hands with clean, running water (warm or cold).

Step two



Apply soap and rub your hands together to make a lather.

Step three



Scrub them well; be sure to scrub the backs of your hands, between your fingers and under your nails. Continue rubbing your hands for at least 20 seconds.

Step four



Rinse your hands well under running water.

Step five



Dry with a paper towel.



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