

# HANDWASHING

## How to properly wash your hands

**remove any rings or other jewelry;** use warm water and wet your hands thoroughly.



**use a sufficient amount of soap** (1-3 ml) and lather very well.

**lather soap and scrub hands well,** palm to palm.



**scrub** in between and around fingers and back of each hand.

**scrub fingertips** of each hand and under your nails in opposite palm.



**scrub each wrist** clasped in opposite hand

**rinse thoroughly** under running water.



**with a paper towel** turn off the tap or faucets

**dry your hands** with a single use towel or air dryer.



**protect your hands** from touching dirty surfaces while in the washroom and as you leave.

### Other tips

- ✓ Cover cuts with bandages and wear gloves for added protection (cuts are very vulnerable to infections).
- ✓ Artificial nails and chipped nail polish have been associated with an increase in the number of bacteria on the fingernails. Be sure to clean the nails properly.
- ✓ Keep your hands away from your eyes, nose or mouth.
- ✓ Assume that contact with any human body fluids is infectious.
- ✓ Liquid soap in disposable containers is best. If using reusable containers, they should be washed and dried before refilling. If using a bar of soap, be sure to set it on a rack that allows water to drain or use small bars that can be changed frequently.