Correct Hand Washing Procedure

- **Wet your hands.**
  Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

- **Lather your hands.**
  Lather your hands by rubbing them together with the soap.

- **Lather thoroughly.**
  Lather the backs of your hands, between your fingers, your wrists, and under your nails.

- **Scrub your hands.**
  Scrub your hands for at least 20 seconds.

- **Rinse your hands.**
  Rinse your hands well under clean, running water.

- **Dry your hands.**
  Dry your hands using a clean towel or air dry them.

Washing your hands with soap and water is best; however, if soap and water are not available, use hand sanitizer that is at least 60% alcohol as an alternative.