

Washing Your Hands

Revised August 2018



1. Turn on warm water.

Be sure clean, disposable paper towels are available.

Water should be 80-110° F in NC.



2. Wet hands with water.



3. Apply liquid soap.



4. Wash for at least 20 seconds.

Rub top and inside of hands, under nails and between fingers.



After messy play



contact with body



fluids



 After touching contaminated surfaces

Whenever hands are visibly dirty

Before going home



5. Rinse hands.

Rinse hands under running water for at least 10 seconds.



6. Dry hands.

Dry hands with clean, disposable paper towel.



7. Turn water off with paper towel.

Without re-contaminating hands.



8. Throw paper towel away.

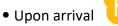
Dispose in a plastic-lined trash container.











Teach children to

