

Handout C: Hand Washing



Have the necessary supplies on hand.

Scrub hands with soap and water for at least 10 seconds.

Rinse hands well under running water. Leave the water running.

Dry hands with a paper towel.

Turn off the faucet with the paper towel, instead of with bare hands.

Discard the paper towel in the trash can.

Apply hand lotion if needed.