

# Handwashing

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According to the U.S. Centers for Disease Control and Prevention (CDC), proper hand hygiene is still one of the most effective ways to stop the spread of germs and protect ourselves and those around us from illness.

## Washing Hands with Alcohol-Based Hand Rub

1. Apply the product to the palm of one hand.
2. Rub hands together, making sure to reach all surfaces.
3. Continue rubbing until hands are dry.

## Washing Hands with Soap and Water

1. Wet hands with clean, warm water.
2. Apply soap to palm of hand.
3. Lather by rubbing hands together, making sure to reach all surfaces.
4. Continue rubbing hands together for 15 – 20 seconds (If there is no timer, sing or hum the “Happy Birthday” song from beginning to end twice).
5. Thoroughly rinse hands under running water to ensure removal of residual germs.
6. Dry hands using clean paper towels. Use paper towel to turn off the faucet. Check the medication ball to ensure:



Use soap



Rub palms to palm



Rub tips of fingers



Rub each wrist



Rinse your hands



Dry your hands