

Wash Your Hands



Frequent hand washing is one of the best ways to prevent the spread of infectious disease.

Frequent hand washing will wash away germs that you have picked up from other people, or from contaminated surfaces, or from animals. When you don't wash your hands frequently, you can infect yourself by touching your eyes, nose, or mouth.

Hand Washing Procedure:

- Wet hands, then apply soap
- Rub hands vigorously, scrubbing all surfaces, for 20 seconds
- Rinse hands well, then pat dry
- Use hand towel to turn off faucet
- Use towel to open exit door



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