

How to Wash your hands in 6 easy steps

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 20 seconds or more. Pay special attention to fingertips, between fingers, backs of hands, and base of the thumbs.

Watch our new handwashing video at:
WWW.BERNARDSHEALTH.ORG



Remove jewelry and wet hands and wrists with warm water.



Use 1 or 2 squirts of liquid or foam soap.



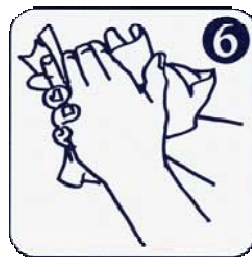
Lather soap. Rub and scrub thoroughly for 20 seconds.



Scrub palms, back of hands, between fingers and under fingernails.



Rinse thoroughly under running water.



Pat hands dry with paper towel. Turn off water using same paper towel.

