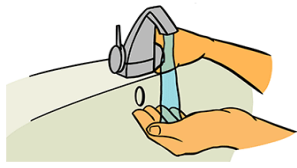
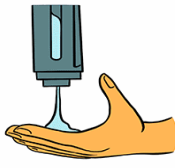


## First, wet and soap-up your hands



1. Turn on tap and wet hands with warm or cold running water.

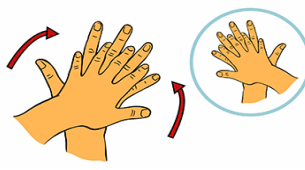


2. Apply enough soap to cover all hand surfaces.

## Then, wash and scrub hands for at least 20 seconds, using steps 3-8



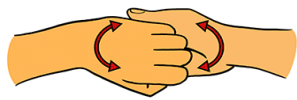
3. Rub hands palm to palm.



4. Next, rub your left palm over the top of your right hand with fingers interlaced, and vice versa.



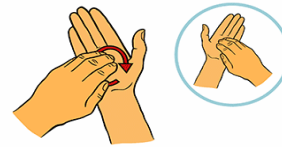
5. Then, palm to palm with fingers interlaced.



6. Rub backs of fingers to opposing palms, with fingers interlocked.



7. Next, rotationally rub your left thumb clasped in the right palm, and vice versa.



8. Continue rotational rubbing backwards and forwards with clasped fingers of left hand into the right palm, and vice versa.

## After washing and scrubbing



9. Rinse hands with water.



10. Dry hands thoroughly with a disposable towel.



11. Use the disposable towel to turn off the faucet and open the door. Then dispose of the towel.

### Steps for washing and scrubbing hands

Because damp hands can promote the spread of the virus, dry them using a clean disposable towel, if available, and rub vigorously until they are dry. If a disposable towel is not available, air dry your hands using a powered hand dryer.

Washing hands with soap and water is the best way to get rid of germs in most situations. However, if soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% ethanol. You can tell if the sanitizer contains at least 60% ethanol by looking at the product label.

## Job Aid

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# Washing Your Hands Properly

**Purpose:** *Use this job aid as a reference guide for how to wash your hands properly to prevent spreading viruses, bacteria, and any other germs that can easily be spread by touching.*

The best protection against infection is to avoid being exposed to viruses and bacteria through proactive and defensive measures. As with other respiratory viruses, the CDC recommends frequent handwashing with soap and water.

The recommended method is described and illustrated below.

7/16/2020

Job Aid: Washing Your Hands Properly

**Course:** Compliance Short: Coronaviruses and COVID-19 (Update Available)

**Topic:** Coronaviruses and COVID-19

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