HAND WASHING

When to wash hands:

- AFTER PROVIDING FIRST AID CARE
- IMMEDIATELY AFTER BEING EXPOSED TO CONTAMINANTS, SUCH AS BLOOD OR OTHER BODY FLUIDS
- AFTER USING THE RESTROOM
- BEFORE AND AFTER HANDLING FOOD

To ensure you wash your hands correctly, follow these steps:

1 WET HANDS WITH WARM WATER

2 APPLY SOAP AND WASH HANDS FOR AT LEAST 15 SECONDS

Rub hands vigorously, covering all surfaces of the hands, giving added attention to fingernails and jewelry.

Use liquid soap and warm running water.

3 RINSE HANDS WITH WATER

Scrub nails by rubbing them against the palms.





4 DRY HANDS THOROUGHLY WITH A PAPER TOWEL

5 TURN OFF FAUCET USING THE PAPER TOWEL

TIP: Use alcohol-based hand sanitizers when soap and running water are not available.





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