

Help prevent the spread of disease

# WASH YOUR HANDS

## **Proper handwashing techniques:**

1. Wet your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.
2. Rub your hands vigorously together for at least 15 to 20 seconds.
3. Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
4. Rinse well.
5. Dry your hands with a clean or disposable towel.
6. Use a towel to turn off the faucet.

*This sign provided courtesy of the Oregon Massage Therapists Association. For more information about OMTA or additional free signs for download, visit [www.omega.net](http://www.omega.net)*

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## **Proper handwashing techniques:**

1. Wet hands.
2. Soap (20 seconds).
3. Scrub backs of hands, wrists, between fingers, and under fingernails.
4. Rinse.
5. Towel dry.
6. Turn off taps with towel.

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**Handwashing is the single most effective way to prevent infections.**

**Wash your hands often and thoroughly, paying special attention to the area between your fingers and under your fingernails.**

**Wash hands: when arriving to work, before and after eating, after using the restroom or changing a baby, after removing gloves, after coughing or sneezing, and before leaving work at the end of the day.**

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**The STOP disease method of hand washing**

1. Moisten your hand with **warm running water**.
2. Apply **soap**, **wash** until a soapy **lather** appears.
3. Continue for **at least 15 seconds**, wash all surfaces between fingers, under nails and jewelry, backs of hands and wrists.
4. **Rinse** until hands are free of dirt and soap.
5. **Dry** hands with a **disposable paper towel** or a **mechanical dryer**.

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