

# Safe Handwashing Steps

Proper handwashing is one of the most effective ways to prevent the spread of germs and reduce the risk of getting sick. Here are the steps to safe handwashing:



**1** Wet your hands with clean, running water (warm or cold), and apply soap



**2** Rub your hands together to create a lather. Scrub your hands for at least 40 seconds, which is about the same amount of time it takes to sing "Happy Birthday" twice.



**3** To clean between your fingers, use one hand to rub the back of the other hand while paying special attention to the spaces between your fingers.



**4** Rub your hands together and clean between your fingers



**5** Place the fingers of each hand together with the backs of your fingers against the opposite palm. Rub your fingertips together and then rub the back of your fingers against your palms to clean them.



**6** Clean one thumb by rubbing it with your other hand, and then repeat the process for the other thumb.



**7** Rub the tips of your fingers against the palm of your opposite hand, and repeat the process with the other hand.



**8** Clean one wrist by rubbing it with the other hand. Repeat with the other wrist.



**9** Use clean, running water to rinse your hands thoroughly.



**10** After rinsing your hands, dry them completely with a disposable towel. Use the same towel to turn off the tap, if possible, to prevent re-contamination of your hands.