# Clean Your Hands

## Hand Washing

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Wet hands with warm running water.</td>
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<tr>
<td>2.</td>
<td>Apply liquid soap.</td>
</tr>
</tbody>
</table>
| 3.   | Lather hands. Be sure to scrub:  
> - between your fingers  
> - your fingertips and fingernails,  
> - the back of your hands and wrists.  
You should wash your hands for 20 seconds – the time it takes to sing “Happy Birthday” twice. |
| 4.   | Rinse well under running water. |
| 5.   | Dry your hands with paper towels. |
| 6.   | Use the paper towel to turn off the taps. |

## Hand Sanitizing

<table>
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| 1.   | If your hands look dirty: STOP  
Wash them with soap and water first. |
| 2.   | If your hands look clean: GO  
Hand sanitize. |
| 3.   | Apply the alcohol-based hand rub to your hands (minimum 60% alcohol).  
➢ A thumbnail-sized amount is sufficient.  
If you just washed your hands, be sure they are completely dry or the moisture left could dilute the alcohol and reduce its effectiveness. |
| 4.   | Rub your hands together. Don’t forget:  
➢ between your fingers  
➢ your fingertips and fingernails,  
➢ the back of your hands and wrists.  
Rub your hands until the alcohol evaporates. Hands will feel dry in about 15 seconds. |

For more information contact the Infectious Disease Control Team at 519-663-5317 ext. 2330 or go to [www.healthunit.com](http://www.healthunit.com)

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