



# Guide to Handwashing

## When should you wash your hands?

- ✧ Before and after preparing food and eating
- ✧ After using the restroom
- ✧ After using a tissue or coughing/sneezing
- ✧ After using shared supplies
- ✧ When they're dirty

## Tips for Good Hand Hygiene

- ✧ Turn on running water and wet your hands
- ✧ Apply soap, enough to cover your hands
- ✧ Lather → SCRUB for 20 seconds
- ✧ Be sure to wash the surfaces of your hands, fingers, fingertips, nails, and wrists
- ✧ Rinse
- ✧ Dry
- ✧ Turn off the water using a towel

Watch a demo - [Handwashing Steps](#) and [Handwashing, 101](#)

\*For more information, visit: [Healthline - Steps of Handwashing](#)

