

**PROTECT THE PRIDE**

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# **WASHING YOUR HANDS**



**You should wash your hands frequently and thoroughly (known as “hand hygiene”). Avoid touching eyes, nose, and mouth with unwashed hands.**

- 1. Wash hands thoroughly for 20 to 30 seconds. The nature of the soap used is less important than the removal that occurs with lathering, rubbing and rinsing.**
- 2. In final rinsing, allow water to run off hands in a downward direction from arms, to wrists, to fingers. Avoid over scrubbing or use of harsh products that leave hands chapped and dry.**
- 3. After washing hands, dry them with a paper towel, when possible.**
- 4. Use the paper towel to close the faucet and open the door. Using a paper towel to close the faucet and open the door reduces the risks of contaminating your clean hands.**



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