

Proper Handwashing Procedure



1. Wet hands with running water *as hot (100°F+) as you can stand*



2. Apply Soap



3. Vigorously scrub hands and arms for at least 10 to 15 seconds



4. Clean under Fingernails and between fingers



5. Rinse thoroughly under running water, total time taken at least 20 seconds



6. Dry hands and arms with a single-use paper towel or warm-air hand dryer



7. Use paper towel to turn off faucet



8. Use paper towel to open door to exit washroom

Lavado de manos del Personal

1. Mójese las manos con agua corriente caliente.
2. Póngase jabón.
3. Frótese las manos durante 10-15 segundos por lo menos.
4. Lávese debajo de las uñas y entre los dedos.
5. Enjuáguese las manos por completo con agua corriente.
6. Séquese las manos.