

HANDWASHING

How to properly wash your hands

remove any rings or other jewelry; use warm water and wet your hands thoroughly.



lather soap and scrub hands well, palm to palm.



scrub fingertips of each hand and under your nails in opposite palm.



rinse thoroughly under running water.



dry your hands with a single use towel or air dryer.



use a sufficient amount of soap (1-3 ml) and lather very well.



scrub in between and around fingers and back of each hand.



scrub each wrist clasped in opposite hand



with a paper towel turn off the tap or faucets



protect your hands from touching dirty surfaces while in the washroom and as you leave.

Other tips

- ✓ Cover cuts with bandages and wear gloves for added protection (cuts are very vulnerable to infections).
- ✓ Artificial nails and chipped nail polish have been associated with an increase in the number of bacteria on the fingernails. Be sure to clean the nails properly.
- ✓ Keep your hands away from your eyes, nose or mouth.
- ✓ Assume that contact with any human body fluids is infectious.
- ✓ Liquid soap in disposable containers is best. If using reusable containers, they should be washed and dried before refilling. If using a bar of soap, be sure to set it on a rack that allows water to drain or use small bars that can be changed frequently.