

# Proper Hand Washing



**Use SOAP and RUNNING WATER**

**RUB your hands and wrists vigorously**

**WASH ALL SURFACES:**  
Backs of hands  
Wrists  
Between fingers  
Under fingernails

**RINSE well**

**DRY hands with a paper towel**

**Turn off water using a PAPER TOWEL instead of bare hands**



Colorado Department  
of Public Health  
and Environment

