

Washing Your Hands

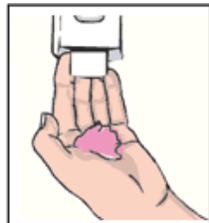
Wash your hands before and after contact with sick persons, after removing and disposing of masks or gloves, after using the bathroom and after touching dirty surfaces.

Do not touch your eyes, nose, or mouth without first washing your hands for at least 20 seconds.

Always wash with soap and warm water. Hand washing with warm water and soap is preferred over hand sanitizer use; but in situations where hand washing facilities are not readily available, you can use an alcohol-based hand sanitizer like Purel®.



1. Wet hands with warm, running water



2. Apply liquid soap and rub hands together vigorously for at least 15 seconds, covering all surfaces and fingers with soap



3. Scrub nails by rubbing them against the palms of your hands



4. Rinse your hands with water



5. Dry your hands thoroughly with a paper towel and use the towel to turn off the faucet