

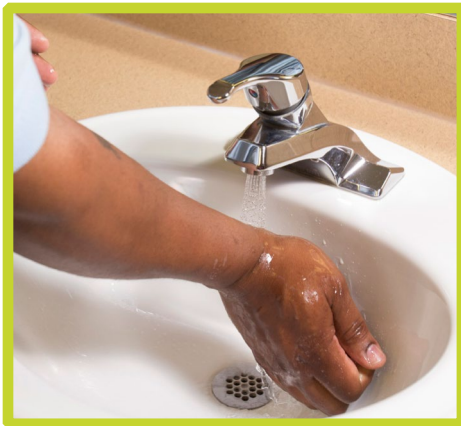


**Wash
Your
Hands!**



How to Wash Your Hands in 10 Steps

Good hand washing practices are essential for protecting yourself and other people from the germs, chemicals, and dirt that can accumulate on your hands throughout the day. The key to good hand washing is following proper technique.



STEP 1: Wet your hands.



STEP 2: Dispense soap in the palm of your hand.



STEP 3: Rub the palms of your hands together.



STEP 4: Vigorously wash your finger tips in the soap on the palm of each hand.



STEP 5: Carefully interlace your fingers, washing the surfaces between your fingers.



STEP 6: Cup your hands and wash around the base of the thumb on each hand.



STEP 7: Lather the back of each hand.



STEP 8: Wash around each wrist.



STEP 9: Rinse all surfaces of your hands until all soap and unwanted particles are gone.



STEP 10: If possible, when drying your hands with a paper towel, use the towel to turn the water off.

Areas most frequently missed during hand washing.



Questions about proper hand washing technique?

Ask an Orange County Health Department Environmental Health Specialist.

Phone: 919-245-2360

Online: www.OrangeCountyNC.gov/Health