

# Hand Hygiene Can Prevent the Spread of Infections

## Washing Hands with Soap and Water

- Hand washing with soap and running water must be performed when hands are visibly dirty and when performing general hand hygiene:

After using the washroom  
After sneezing or coughing  
After touching a potentially contaminated surface  
After personal care such as blowing one's nose, or changing a band aid  
Before preparing or serving food  
Before eating and drinking

- Fully cover hands with soap and wash your hands for 15 seconds or more.
- Wash your entire hand including the wrist, palms, back of hands, finger tips, and between fingers.

### Six steps on how to wash hands properly:



1. Wet hands

2. Apply soap



3. Lather soap and scrub for at least 15 seconds

4. Rinse hands



5. Dry hands

6. Turn off water using a paper towel