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STEPS

to proper hand washing



Intermountain
Health



STEP
1

Wet your hands

under clean, running
water (warm or cold),
turn off the tap,
and apply soap.



STEP
2

Lather your hands

by rubbing them
together with the soap.

Lather the backs of your
hands, between your
fingers, and under your nails.



STEP
3

Scrub your hands

for at least
20 seconds.



STEP
4

Rinse your hands

well, under clean
running water.



STEP
5

Dry your hands

with a clean towel,
or air dry them.



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs and illnesses.



Clean hands can stop germs from spreading from one person to another and throughout an entire community — from your home and work to schools and hospitals.

When should I wash my hands?

You should clean your hands:

- Before eating
- After using the bathroom
- Before touching your eyes, nose, or mouth
- After blowing your nose or sneezing
- When you touch objects and surfaces where someone has been ill
- Before holding a baby
- Before and after changing wound dressings or bandages
- When your hands look or feel dirty

Avoid touching your face with unwashed hands

You can touch your face 23 times an hour on average. This means germs from your hands that are picked up from you touching your phone, light switches, doorknobs, and other surfaces can find a way into your throat, lungs, and sinuses.