

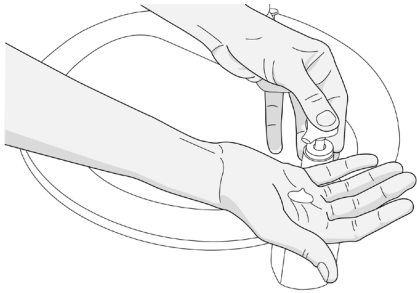
How to Wash Hands

ProjectProtect

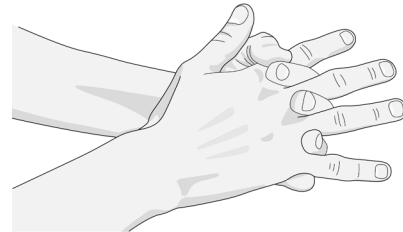
In partnership with Intermountain Healthcare,
University of Utah Health and Latter-day Saint Charities

Washing hands is the best way to avoid self-contamination and spreading disease. Become a part of the solution and wash hands correctly and regularly.

Wash Hands



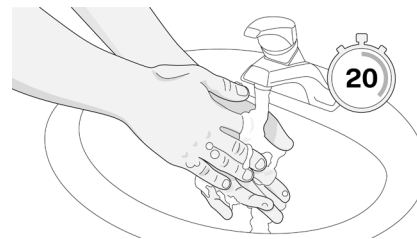
1. Adjust water to a comfortable level, and wet hands. Dispense a small amount of soap into the palm of the hand. Rub to create lather.



2. Thoroughly clean all surfaces of hands, including between the fingers, back of hands, and thumb.

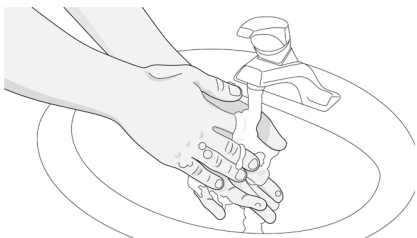


3. Clean the nails and nail beds by rubbing the nails of one hand across the palm of the other. Create enough friction to clean under the nails.

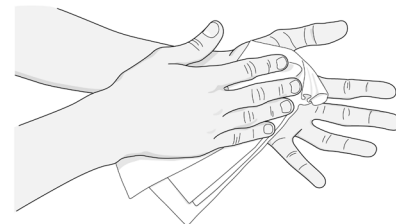


4. Wash hands for at least 20 seconds. Sing a song like the birthday song (twice) or recite a familiar poem to help wash for 20 seconds.

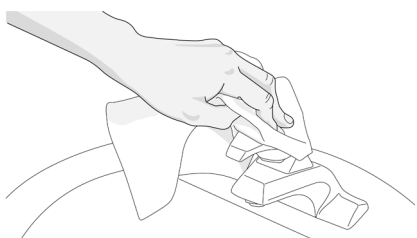
Rinse and Dry Hands



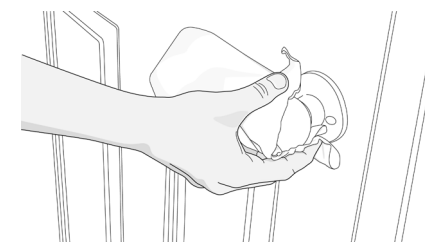
5. Rinse hands under running water, holding hands in a downward position.



6. Use paper towels to thoroughly dry hands.



7. Use the same paper towel from drying hands to turn off the water supply.



8. Use it again to open the door.