

# Effective **HANDWASHING**



## HELP PREVENT THE SPREAD OF GERMS

1

Turn on water to a comfortable temperature and wet hands and wrists.

2

Apply soap and rub hands for at least 20 seconds. Clean between fingers, nail beds, under fingernails and backs of hands.

3

Rinse under running water, keeping hands low in sink to prevent splashing.

4

Dry hands completely with clean paper towel.

5

Use paper towel to turn off faucet so your hands remain clean.

*This document provides information of a general nature. It is not intended to be fully comprehensive, nor to provide legal advice or opinions relative to specific facts, matters, situations or issues. A member school district is encouraged to seek legal advice for their specific purposes.*