

Good Handwashing

Handwashing with soap and water is the easiest and most important way to prevent the spread of infection. Hands are easily contaminated. Without handwashing, germs on the hands spread to other persons or items. Wash your hands before and after giving care.

1. Make sure you have soap, paper towels, orange stick or nail file, and a wastebasket. Arrange to have all items easily available.
2. Push your watch or sleeves four to five inches up the arms.
3. Stand away from the sink so your clothes do not touch the sink. Stand so the soap and faucet are easy to reach.
4. Turn on the faucet. Adjust the water until it feels warm and comfortable.
5. Wet your wrists and hands thoroughly under running water. Keep your hands lower than your elbows while washing.
6. Apply about a teaspoon of soap to your hands.
7. Rub your palms together and interlace your fingers to work up a good lather. This step should last 10-15 seconds.
8. Wash each hand and wrist thoroughly. Clean well between the fingers. Clean under the fingernails by rubbing the tips of your fingers against your palms.
9. Use a nail file or orange stick to clean under the fingernails if necessary.
10. Rinse your wrist and hands well. Water should flow from the arms to the hands.
11. Repeat steps 6 through 10 if needed.
12. Dry your wrists and hands with paper towels. Pat dry starting at your fingertips.
13. Discard the paper towels.
14. Turn off faucets with clean paper towels to avoid contaminating your hands.
15. Discard paper towels.