

# HANDWASHING

## Do's and Dont's



Use cold or warm running water to wash hands.

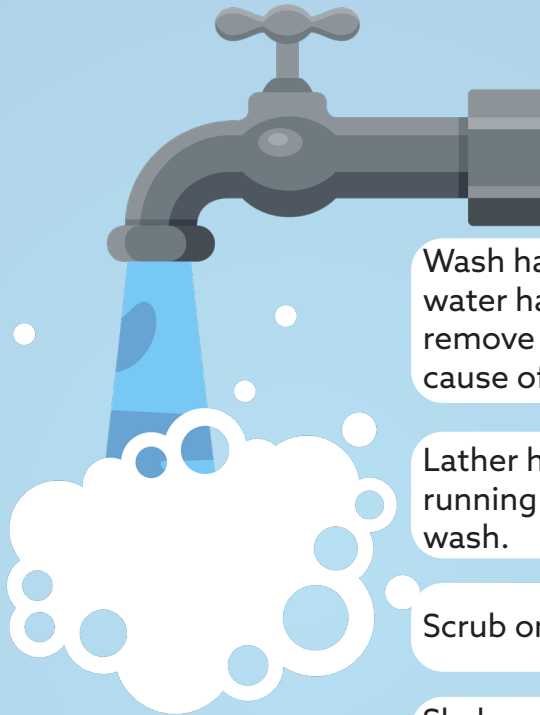
Allow at least 20 seconds to lather and scrub all areas of hands to remove dirt and germs.

Scrub the entire hand, including the back, in between fingers, and under the fingernails.

Dry hands thoroughly after washing, using an air dryer or paper towel.

Choose any type of soap for handwashing.

Use an alcohol-based sanitizer with at least 60% alcohol if soap and water are not available for handwashing.



Wash hands with hot water. Hot water has NOT been proven to remove more germs and can be a cause of dry, chapped skin.

Lather hands while rinsing under running water for a simple, quick wash.

Scrub only the inside of hands.

Shake your hands dry. When hands are not completely dry, bacterial growth can occur.

Only choose antibacterial soap. Antibacterial soap is no more effective at killing germs than plain soap.

Skip washing hands when soap and water is not available.

### Resources

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253>  
<https://www.cdc.gov/handwashing/when-how-handwashing.html>