

# HAND WASHING PROCEDURES



Wet hands with warm water.



Apply skin cleanser.



Vigorously rub hands together for at least 20 seconds. Make sure to cover all exposed areas of the hands, wrists, and forearms.



Rinse hands thoroughly.

## Regular hand washing with soap and water for at least 20 second should be done:

- Before and after eating
- After sneezing, coughing, or nose blowing
- After using the restroom
- Before handing food
- After touching or cleaning surface that may be contaminated
- After using shared equipment and supplies like electronic equipment such as keyboards, mouse and phones