

HAND WASHING INSTRUCTIONS

WASHING YOUR HANDS PREVENTS
THE SPREAD OF GERMS



Cleveland Department of Public Health



1
Wet your hands with warm, running water



2
Apply soap to hands



3
Lather and rub hands vigorously for 10 to 15 seconds



4
Rinse hands thoroughly



5
Dry hands with paper towel



6
Use paper towel to turn off faucet

Remember:

- **EMPLOYEES MUST WASH HANDS AND EXPOSED PORTIONS OF FOREARMS BEFORE RETURNING TO WORK**
- **Scrub between your fingers, under your nails, and the tops of your hands**
- **If using an air dryer to dry your hands, turn off the faucet with your elbow**