



ST. JOHN'S UNIVERSITY



Proper Hand Washing

Washing hands with soap and water is very simple and one of the best ways to prevent illnesses and stay healthy.

- 1.** Wet hands with warm running tap water and apply a liquid or bar soap.
- 2.** Lather well.
- 3.** Rub your hands together vigorously for at least 20 seconds.
- 4.** Scrub all of hands: tops, backs, wrists, between fingers, and under fingernails.
- 5.** Rinse well.
- 6.** Dry hands completely with a clean towel or disposable paper towel.
- 7.** Use the towel to turn off the water faucet.