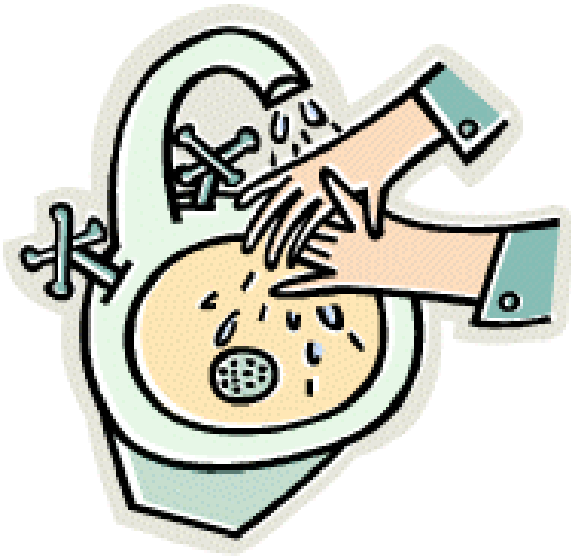# PROPER HANDWASHING TECHNIQUE

Handwashing is one of the most important ways to prevent the spread of infection and illness. Wash your hands before eating, after coughing, sneezing, blowing your nose into a tissue and after using the bathroom. Here's how to wash properly:

1. Wet hands with clean running water and apply soap.

2. Rub hands **before** putting them back under the water
or most, if not all of the soap goes right down the drain.

3. Wash palms, backs of hands and between fingers.

4. Continue washing for 15-20 seconds.

5. Rinse hands well under running water.

6. Dry hands.

Let's Stay Healthy!