

# Handwashing MADE SIMPLE

Every time you wash your hands, you help protect yourself, your family and your community from getting sick.

## Five Steps to Clean Hands



Wet hands with clean, running water



Lather up with soap



Scrub everywhere (palms, backs, thumbs, between fingers, under nails) for 20 seconds



Rinse under running water



Dry with a clean towel or air dry

### NO SOAP AND WATER?

Use hand sanitizer with at least 60% alcohol. Rub until your hands feel dry.

## When to Wash

- After coughing, sneezing or blowing your nose
- Before eating or cooking
- After using the bathroom
- After touching shared surfaces (*phones, doorknobs, keyboards, remotes*)
- Anytime your hands look or feel dirty



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HEALTHCARE