

# Tips for Handwashing



## With soap and water:

- Wet your hands with warm water. Use liquid soap if possible. Apply a nickel- or quartersized amount of soap to your hands.
- Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers and the area around and under the fingernails. Don't forget your palms and thumbs.
- Continue rubbing your hands for **20 seconds**. Singing the "Happy Birthday" song twice is a good timer.
- Rinse your hands well under running water.
- Dry your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open the door if needed. Do not touch a faucet with clean hands.

## With an alcohol-based hand sanitizer:

- Put product on hands and rub hands together.
- Cover all surfaces until hands feel dry.
- This should take around **20 seconds**.
- Fact to know: Alcohol-based hand sanitizers kill germs quickly and in a different way than antibiotics. Using alcohol-based hand sanitizers to clean your hands does not cause antibiotic resistance.

Source: <https://www.cdc.gov/handhygiene/patients/>