Clean Your Hands!

1. **WET**
2. **SOAP**
3. **WASH** 20 seconds
4. **RINSE**
5. **DRY**
6. **TURN OFF WATER WITH PAPER TOWEL**

**How to wash your hands with soap and water:**
- Use soap and warm, running water.
- Keep fingers pointing down.
- Rub hands vigorously for 20 seconds. Wash all surfaces:
  - Backs of hands
  - Wrists
  - Between fingers
  - Tips of fingers
  - Thumbs
  - Under fingernails
- Dry vigorously with paper or clean cloth towel.
- Turn off faucet with towel and open door with towel.

**How it works:**
- The soap suspends the dirt and soils.
- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs.

**How to clean your hands with a alcohol-based handrub:**
- Apply a dime sized amount of handrub gel to the palm of one hand or use a alcohol-based handrub wipe.
- Rub hands together covering all surfaces of hands and fingers until handrub is absorbed.

**How they work:**
- Act quickly to kill microorganisms
- Reduce bacterial counts on hands

**How to wash your hands with soap and water when your hands are visibly soiled. If soap and water is not available, use alcohol-based handrub (wipes or gel).**

Food handlers in restaurants, schools, deli and grocery stores must wash their hands with soap and water before applying hand sanitizers.

[Minn Rules Chap. 4626.0070 - 4626.0085]