

HOW TO WASH YOUR HANDS



Wet hands with water.



Apply enough soap to cover all hand surfaces.



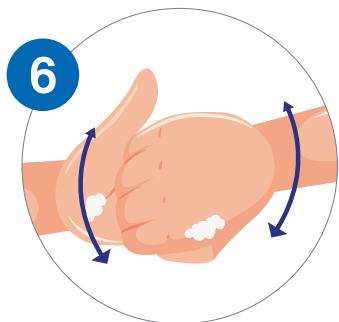
Rub hands palm to palm.



Spread the soap over the back of hands.



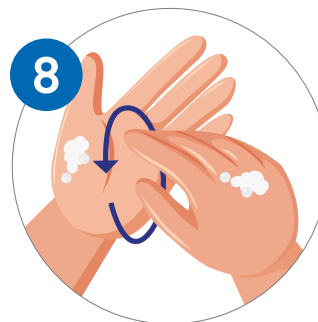
Palm to palm with fingers interlaced.



Rotational rubbing of left thumb clasped in right palm and vice versa.



Rotating rubbing of left thumb clasped in right palm and vice versa.



Rotationally rub, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water.



Dry hands thoroughly with a single use towel.



American Senior Communities®

ASCCare.com