

Everyone can stop the spread of germs.

How to wash your hands like a pro

1 Palm to palm



2 Fingers interlaced



3 Back of hands



4 Back of fingers



5 Base of thumbs



6 Fingernails



7 Wrists



Wet your hands with running water.
Turn off the tap and apply soap.

Lather your hands by rubbing them together with the soap.

Scrub all of the 7 areas. Scrub for at least 15 seconds.
Need a timer? Hum "Happy Birthday" twice.

Rinse your hands well under running water.
Use a clean paper towel when shutting off the tap.

Dry your hands completely using a clean towel or air dry them.



Essentia Health

Here with you