



# How to Wash Your Hands Correctly and When

**1**

**SOAP & WATER**  
Lather up using soap and water.

**2**

**PALM TO PALM**  
Wash your hands palm to palm.

**3**

**BACKS OF HANDS**  
Wash the backs of your hands.

**4**

**IN BETWEEN FINGERS**  
Wash interlacing your fingers.

**5**

**WRISTS**  
Wash your wrists too.

**6**

**FINGERTIPS**  
Wash your fingertips on the palm of the other hand.

**7**

**THUMBS**  
Wash your thumbs.

**8**

**FINGERNAILS**  
Wash the backs of your fingers with a twisting motion.

Wash your hands BEFORE you:	Wash your hands AFTER you:
Cook food	Handle garbage
Serve food	Use the toilet
Visit or take care of anyone who is sick	Touch animals or pets
Help someone with medications	Have been outside
Assist someone with bathing, toileting, or feeding	Clean the house
	Blow your nose, cough, or sneeze
	Assist someone with bathing, toileting, or feeding