



## 20 SECOND HAND-WASHING

- 1 Wet hands with hot running water. Place soap in palms.
- 1 Rub your hands together for at least 20 seconds, washing palms, the backs of hands, wrists, between fingers and forearms.
- 1 Rinse hands and forearms. Keep fingertips pointed down.
- 1 Dry hands with a paper towel or air dryer.
- 1 Assist young children with washing their hands.

UNIVERSITY OF MINNESOTA

**Extension**

S E R V I C E