

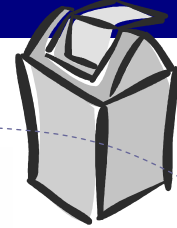


Universal Precautions

Hand Washing

1 Make sure you have everything you need at the sink.

Liquid Soap



Trash Can

2 Turn on warm water.



Paper Towels

Keep warm water running while washing your hands.

3 Rub palms together to make lather. Scrub between fingers and entire surface of hands and wrists.



4 Rinse hands thoroughly.

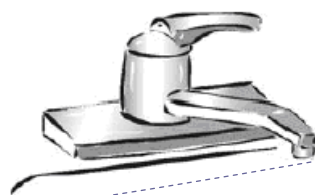


Point fingers down so water does not run up your wrists.

Clean fingernails by rubbing the tips of your fingers against your palms.

Scrub hands for at least 10 to 15 seconds.

5 Dry hands with clean towel.



6 Use a clean paper towel to turn off the faucet.

HANDWASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION.