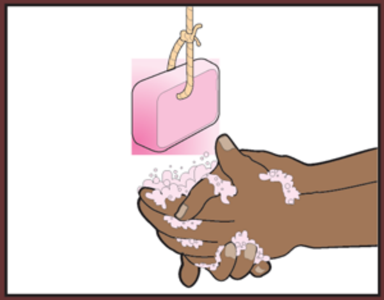
Proper Hand Washing Technique - Small Doable Actions

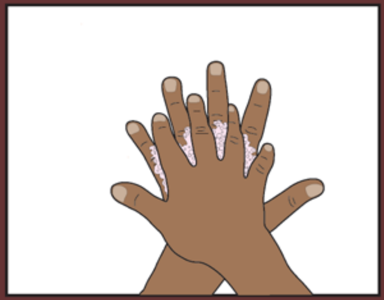
Small doable actions for proper hand washing technique:

Wet your hands with water.

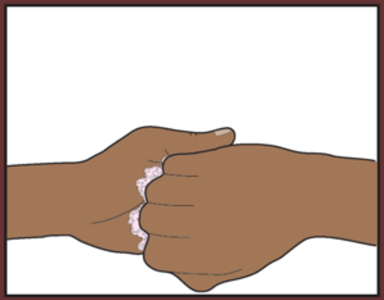


Lather your hands with soap, ash, or other cleansing agent.

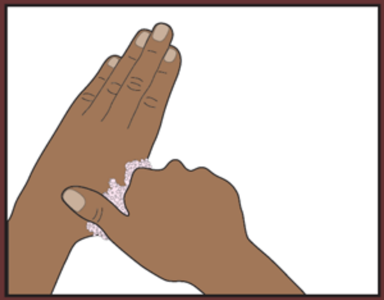
Rub the palms,



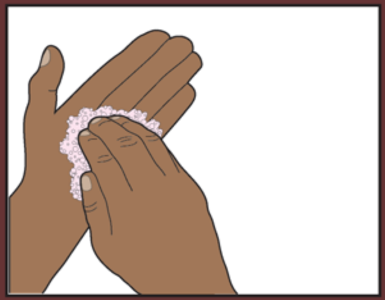
in between fingers,



under nails,



and back of hands



vigorously.

Rinse your hands dry with cold water

Dry them in the air to avoid recontamination.

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<u>Counseling Card 2</u>: Proper Hand Washing Technique

Small doable actions for proper hand washing technique:

1. Wet your hands with water.
2. Lather your hands with soap, ash or other cleansing agent.
3. Rub the palms, in between fingers, under nails, and the back of your hands vigorously.
4. Keep your finger nails short for easy cleaning because nails hide germs.
5. Rub as high as your wrists.
6. Rinse your hands well with running water (pour from a jug or tap).
7. Dry them in the air to avoid recontamination from a dirty towel or dirty clothing.

- It is the soap or ash that lifts the germs.
- Water poured over the hands carries the germs away.
- The combined action makes them “clean.”

We are “reducing” contamination, not sterilizing or getting rid of ALL germs.