

How long should you wash your hands?

Imagine singing Happy Birthday, twice.



While handwashing is the single most effective way to stop the spread of infections, most people don't wash their hands thoroughly enough, long enough, or often enough. Here's how to do it right:



Remove your jewelry.



Turn on the water.
Make sure it's warm.



Wet your hands and
apply soap.



Rub your hands together
for at least 20 seconds.
Pay particular attention
to your fingernails and the
areas between your fingers.



Rinse your hands from
the wrist to fingertips.
Keep fingertips pointed
down to prevent
recontamination.



Dry your hands with a
paper towel. Drying your
hands properly is as
important as washing them.



Use the paper towel to
turn off the faucet.

Always wash your hands thoroughly:

- Before, during, and after you prepare food
- Before eating
- After using the bathroom
- After sneezing, coughing, or blowing your nose
- After touching your eyes, ears, nose, or mouth
- After touching commonly used items

For an online demonstration or more information about infectious disease, visit WorkSafeBC.com.

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