

# Proper Handwashing Tips



For proper handwashing, the CDC recommends scrubbing

**AT LEAST 20 seconds.**



Super dirty? Wash longer. Remember:  
Fronts-backs-inbetweens!!



Scrubbing creates friction that helps loosen  
and remove the germs and dirt.



Wash your hands frequently throughout the day!



Use clean running water. It does NOT have to be hot!



Dry your hands using a clean towel. Wash your towels regularly (daily if  
heavy use) as germs love to live on damp towels!



You don't need a special soap or antibacterial soap.  
Many germs that make us sick are viruses (common  
cold, flu, etc) and are NOT bacteria.



When you can't wash your hands, use hand sanitizer  
with at least 60% alcohol. Try to wipe your hands  
first with a wet wipe to get dirt and oils off.  
This will make the hand sanitizer more effective.

