

a clean hand is a caring hand.

Did you know proper hand hygiene is the
#1 way to prevent the spread of germs?

Follow these simple steps for proper hand hygiene.



Soap and water

- 1 Turn on water
- 2 Wet hands
- 3 Apply soap to palm of one hand
- 4 Scrub for 20 seconds
- 5 Rinse
- 6 Dry with paper towel
- 7 Turn off water with a clean towel



Hand sanitizer

- 1 Apply to palm of one hand
- 2 Rub over both hands
- 3 Let dry