The Center for Outpatient Medicine

Good Hand washing

Your Health is in YOUR Hands!

1. Wet hands and wrists
2. Apply a sufficient amount of soap
3. Wash vigorously for 15 seconds
4. Rinse well
5. Dry off with a paper towel
6. Turn off faucet with a paper towel

You should always wash your hands:

- ❖ Before you touch your surgical site or bandage!
- ❖ Before eating or preparing meals.
- ❖ After using the toilet, assisting others or diapering
- ❖ After coughing or sneezing
- ❖ After contact with those who are ill
- ❖ After touching animals, money, or waste

Washing your hands is the most important way to prevent the transmission of diseases!!!