



COMMUNITY



4-H & YOUTH



ENVIRONMENT



AGRICULTURE



FOOD

CENTER FOR SUSTAINABLE AGRICULTURE



UNIVERSITY OF VERMONT

EXTENSION

CULTIVATING HEALTHY COMMUNITIES

How to Wash Your Hands

Good hand washing is the best way to prevent infectious diseases

1



Wet hands

2



Apply soap

5



Dry hands with single use paper towel



4



Rinse

3



Scrub hands, wrists, between fingers & under nails for 20 seconds