

## HAND WASHING FOR STAFF

1. Use soap and warm **running** water.
2. Wet your hands and add soap.
3. Rub your hands vigorously for 5 to 10 seconds.
4. Wash all surfaces, including the backs of hands and between fingers.
5. Rinse your hands well under **running** water for 5 to 10 seconds.
6. Dry your hands well with a towel. Turn off the taps with a single-use towel.
7. Dispose of the cloth or paper towel.
8. Apply hand lotion, as needed.

**Washing your hands is the single most effective way of  
reducing the spread of infection.**

*Accomplish Anything*

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