

# Handwashing Tips<sup>†</sup>

1. Avoid touching the sink. Consider the sink, including the faucet controls, as contaminated.
2. Turn water on using a disposable towel.
3. Wet your hands and wrists.
4. Work soap into a lather.
5. Vigorously rub together all surfaces of the lathered hands for 15 to 20 seconds. Friction helps remove dirt and microorganisms. Wash around and under rings, around cuticles, and under fingernails.
6. Rinse hands thoroughly under a stream of water. Running water carries away dirt and debris. Point fingers down so water and contamination won't drip toward elbows.
7. Dry hands completely with a clean dry disposable towel.
8. Use a dry disposable towel to turn faucet off.
9. To keep soap from becoming a breeding place for microorganisms, thoroughly clean soap dispensers before refilling with fresh soap.
10. When hand washing facilities are not available, use an appropriate antiseptic hand cleaner or antiseptic towelettes. As soon as possible, rewash hands with soap and running water.

<sup>†</sup>These tips are based on recommendations from DuPont Industrial Hygiene and Medical professionals, as well as organizations such as the World Health Organization and the Centers for Disease Control.



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