



# Remember the High-Five

*to prevent the spread of infection*

## Five steps in hand-washing



### Step 1

Wet hands with water and then add soap.



### Step 2

Rub hands together to work up lather and wash for at least 20 seconds. Be sure to scrub the backs of your hands, between your fingers, and under your nails.



### Step 3

Rinse well under a stream of water.



### Step 4

Dry hands thoroughly, with a single-use paper towel whenever possible.



### Step 5

Turn off the faucet with a paper towel if possible.