



Handwashing Fact Sheet

How to wash your hands properly:

1. Use warm water.
2. Wet hands then apply soap.
3. Rub hands together to make lather for at least 20 seconds, scrub around and under your nails.
4. Rinse your hands thoroughly to remove soap.
5. Turn off the water faucet, cover it with a paper towel.
6. Dry your hands with a dryer or with a clean paper towel.

*For further information, contact the
Oklahoma City-County Health Department
(405) 425-4437*

revised 04/2013

OCCHD.ORG |  Facebook - Search OKC-County Health or @OCCHD

OCCHD App - Search OCCHD on the Apple Store  or Google Play 