



Handwashing Fact Sheet

How to wash your hands properly:

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

What about hand sanitizers?

If soap and water are not available, use an alcohol-based hand sanitizer containing at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals. Hand sanitizers are not as effective when hands are visibly dirty or greasy.

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

Revised 06/2019

OCCHD.ORG |  [Facebook](#) - Search OKC-County Health or @OCCHD

[OCCHD App](#) - Search OCCHD on the [Apple Store](#)  or [Google Play](#) 