

Handwashing 101:

The basis of good public health

1. Wet Hands



2. Apply Soap



3. Scrub palm to palm



4. Interlace Fingers



5. Backs of hands/ fingers



6. Wrists



7. Base of thumb



8. Fingernails



9. Rinse



10. Dry



11. Turn off with towel



<http://manatee.floridahealth.gov>