

HAND WASHING

The Right Way!

Follow these six steps to wash your hands the right way! Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another throughout an entire community—from your home, campus, and workplace.



Wet your hands to the wrist with clean, running water.



Once your hands are wet, apply soap for scrubbing.



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.

Questions?

Please contact the HERC via email at herc@eiu.edu or by phone at 217-581-7786.

Visit the HERC web page at www.eiu.edu/HERC