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# **Preventive Measures against viruses: Best-practices for handwashing**

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# Preventive Measures: Best practices for handwashing

Experts say you can help prevent the spread of infection by washing your hands regularly and following some guidelines for proper handwashing.



**Wet your hands with water.**

**Apply enough soap to cover them.**

**Wash your hands for 20 seconds by:**

- Rubbing your hands together.
- Rub the backs of both hands.
- Clean in between all your fingers.
- Scrubbing under your fingernails.

**Rinse.**

**Dry your hands with a disposable towel.**

**Turn off the water using the disposable towel.**

If using an alcohol-based hand sanitizer, follow the manufacturer's directions.

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