

# STOP

ALL HEALTHCARE WORKERS  
MUST WASH HANDS BEFORE  
RETURNING TO WORK

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**HANDWASHING IS THE  
MOST IMPORTANT WAY TO  
PREVENT OUTBREAKS OF  
INFECTIOUS DISEASE**

**Use soap and warm  
water**

**Rub hands for 20  
seconds**

**Wash:**

- Hand backs & wrists
- Between fingers
- Finger tips
- Under nails

**Rinse your hands well**

**Pat dry with paper  
towel**

**Turn water off with  
paper towel**

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**ATTENTION**  
**Healthcare workers**

Wash your hands regularly and before work, after using the restroom, and after:

- touching your hair, face, or body
- sneezing or coughing
- before and after direct patient contact
- after glove removal
- after contact with environmental surfaces near a patient
- working with dirty dishes/utensils
- smoking, eating, or drinking
- handling animals
- hands become visibly soiled