

STOP

**ALL HEALTHCARE WORKERS
MUST WASH HANDS BEFORE
RETURNING TO WORK**

**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**

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
- hands become visibly soiled