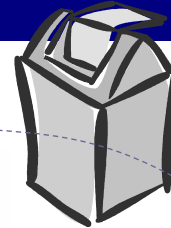


# Universal Precautions

## Hand Washing

**1** Make sure you have everything you need at the sink.

Liquid Soap



Trash Can



Paper Towels

**2** Turn on warm water.

Keep warm water running while washing your hands.

**3** Rub palms together to make lather. Scrub between fingers and entire surface of hands and wrists.



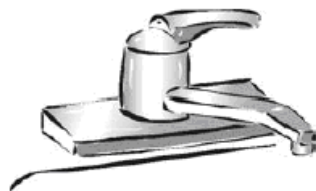
**4** Rinse hands thoroughly.



Clean fingernails by rubbing the tips of your fingers against your palms.

Scrub hands for at least 10 to 15 seconds.

**5** Dry hands with clean towel.



**6** Use a clean paper towel to turn off the faucet.

**HANDWASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION.**