

Hand Washing Guide



How to Wash Hands

- Start with warm or hot water.
- Use soap and make a lather.
- Rub and scrub thoroughly for 20 seconds.
- Scrub palms, back of hands, between fingers and under nails.
- Rinse well, and then use a paper towel to shut off the faucet.
- Dry hands completely.

When to Wash Hands

Always wash hands after:

- Using the toilet
- Changing diapers
- Coughing, sneezing or using a tissue
- Eating, drinking or smoking
- Touching cuts, burns or infected areas of the skin
- Handling raw meat and poultry
- Touching animals
- Touching public surfaces such as door handles

Always wash hands before:

- Touching eyes, nose or mouth
- Inserting or removing contact lenses
- Preparing food
- Eating

Hand washing instruction signs (in English and Spanish) are available free-of-charge from the Health Department. Call 703-246-2411, TTY 703-591-6435, or visit the Health Department hand washing Web page at www.fairfaxcounty.gov/hd/handwashing.

Post these signs in bathrooms and above sinks in public areas.