CLEAN YOUR HANDS

1

Clean hands often with alcohol-based hand cleaner. Rub hands well until completely dry.

OR

1

Use antimicrobial soap and warm water when hands are visibly dirty.

2

Lather over hands, fingers, and nails.

3

Rinse hands completely.

4

Dry hands with paper towel or air dryer.

5

Turn off water with a paper towel, not bare hands.

Infection: Don't Pass It On

www.publichealth.va.gov/InfectionDontPassItOn

Department of Veterans Affairs