

Handwashing Guide



Why is washing important?

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Correct Handwashing Procedures



1. Wet your hands with running water with a temperature of at least 100°F/85°C.



2. Apply soap.



3. Vigorously scrub hands and arms for at least 15 seconds. Clean under fingernails, between fingers, wrists, and back of hands.



4. Rinse thoroughly under running water. Do not turn off the water faucet yet.



5. Dry hands and arms with a single-use paper towel or a warm air hand dryer. After drying hands, use the paper towel to turn off the water faucet. Throw paper towel away.

Hand sanitizer is *not* a suitable replacement for appropriate handwashing!



Forsyth County
Department of Public Health

Promoting Health, Improving Lives
Environmental Health Services Division

REV 08/2017