



Government of the Republic of Trinidad and Tobago

Ministry of Health

# The Proper Way to Wash your Hands

**1** Wet your hands.



**2** Apply plenty of soap.



**3** Scrub your hands together vigorously for at least 20 seconds. Wash the front and back of your hands, and under the nails.



**4** Rinse your hands thoroughly.



**5** Dry your hands with a paper towel.



**6** Use a paper towel to turn off the water.



**7** Put used paper towels in trash.



## When to wash your hands:

BEFORE, DURING and AFTER preparing food – especially raw meat, poultry, eggs and fresh produce.  
BEFORE and AFTER eating.  
BEFORE and AFTER changing a baby's diaper.  
AFTER handling money.  
AFTER using the bathroom.  
AFTER sneezing, coughing or using a handkerchief.  
AFTER touching any part of your body.  
AFTER handling garbage or trash.  
WHENEVER YOUR HANDS ARE DIRTY.



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