# Proper hand washing techniques are important.

Only washing with water has no effect. It is important to use soap and wash with proper washing techniques.

1 Wet your hands with water and apply soap.

Before washing, remove watches and rings. Trim your fingernails.

2 Rub your palms together while making suds.

3 Scrub the back of your hands together.

4 Rub the area between your fingers together (down to the base).

5 Scrub your finger tips and spaces between nails.

6 Rub the space between your thumbs and index fingers together in a twisting motion.

7 Wash your wrists.
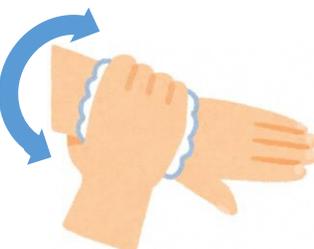
8 Wash the faucet handle you touched with your dirty hand using a hand with soap applied.

Not necessary for faucets with sensors

9 Rinse with running water (rinse your hands and the handle).

10 Wipe your hands.

Use a clean towel.

11 Disinfect your hands.

Washing twice is effective.

When to wash your hands

☐ After going to the bathroom
☐ Before arranging food
☐ After touching raw meat, fish, etc.
☐ After cleaning
☐ After touching your face or head

☐ Before preparing food
☐ When changing work
☐ After touching money
☐ After disposing of waste

Yokohama City Public Health Center