

Living Safely

with disabilities and special health needs

Washing Hands with Soap and Water



It is important to follow these five steps every time you wash your hands.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Rub your hands so that they are soapy. Rub the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song or the “ABCs” from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Grab a towel to turn off the faucet.
6. Dry your hands using a clean towel or air dry them.

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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