

Do The Clean Hand Jive

JUST 15 SECONDS CAN MAKE A DIFFERENCE.

The single most important thing you can do to stop the spread of infection is to practice proper hand washing – the Clean Hand Jive.



Step 1 – The Dyno-mite Swirl

Get your hands wet and soapy, and rub them together.



Step 2 – The Palm Tree Slide

Interlace your fingers and rub them together. Do this move with palms together and with each hand on top.



Step 3 – The Fingertip Glide

Curl your fingers together and scrub. Next, circle your fingertips in both directions on the palm of your other hand.



Step 4 – The Washout

Rinse away the suds.



Step 5 – The Dry Down

Leave the water on, and dry off with a disposable towel.



Step 6 – The Fade

Use the towel to turn off the water and open the door. Ditch the towel.

You can do the Clean Hand Jive with waterless hand sanitizer, too, if your hands are not visibly soiled.



Medicine to the Highest Power

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