

Infectious diseases expert demonstrates the proper way to wash your hands

Video	Audio
Gregory Poland, M.D. Vaccine Research Group Mayo Clinic	“So, we are going to wash our hands here, but what we have to realize is that everything here is contaminated.
	So, I turn this water on.
	My hands are dirty.
	I get the soap.
	My hands are dirty.
	I get my hands wet, and what I’m going to do is get a nice lather.
	Any soap, any temperature water will work fine.
	I’m going to clean between my fingers.
	I’m going to clean my thumbs ...
	... the backs of my hands ...
	... this area that everybody forgets about and my fingers and fingernails.
	I’m going to do that for about 20 seconds or so, get all the visible dirt off.
	I’m rubbing over and over, back and forth.
	Then I’m going to rinse.
	Now, here is the key thing ...
	... that handle is dirty.
	So, I get a paper towel, turn the handle off, fold the towel, dry my hands ...
	... keep the towel, exit the room by grabbing the door or the handle using

	this ...
	... and then disposing of it.”