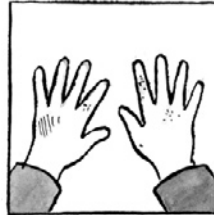


# Hand-Washing Methods

Follow the method listed for your team.

**Control Team:** No hand washing.



**Experimental Team 1:** Turn on cold water. Hand washer should rub hands together under running water for 15 seconds, making sure to wash the palms, fingers, and under the fingernails. Hand washer helper should turn the water off. Hand washer should then dry hands with a clean paper towel. Hand washer should not touch anything after washing.



**Experimental Team 2:** Wet hands with cold water. Apply enough regular soap to form a lather. Rub hands together (without the water) for 15 seconds, making sure to wash the palms, fingers, and under the fingernails. Rinse hands. Hand washer helper should turn the water off. Hand washer should then dry hands with a clean paper towel. Hand washer should not touch anything after washing.



**Experimental Team 3:** Wet hands with cold water. Apply enough antibacterial soap to form a lather. Rub hands together (without the water) for 15 seconds, making sure to wash the palms, fingers, and under the fingernails. Rinse hands. Hand washer helper should turn the water off. Hand washer should then dry hands with a clean paper towel. Hand washer should not touch anything after washing.



**Experimental Team 4:** Hand washer should use the recommended amount of hand sanitizer and rub hands together until they are completely dry, making sure to wash the palms, fingers, and under the fingernails. Hand washer should not touch anything after washing.

