












PROTOCOL WASHING HANDS

You should wash your hands before you start the sampling and at the end of the sampling. You do not want to expose other wild populations of amphibians to new pathogens. You also do not want to contaminate the samples with the pathogens of the previous individuals.

See below a basic protocol of washing hands for a minimum of 20 seconds.

Hand Hygiene with Soap and Water		
1. Remove jewelry. Wet hands with warm water 	2. Add soap to palms 	3. Rub hands together to create a lather 
4. Cover all surfaces of the hands and fingers 	5. Clean knuckles, back of hands and fingers 	6. Clean the space between the thumb and index finger 
7. Work the finger tips into the palms to clean under the nails 	8. Rinse well under warm running water 	9. Dry with a single-use towel and then use towel to turn off the tap 
Minimum wash time 10-20 seconds.		