

Instructions on using the handwashing feature on Apple Watch

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The Handwashing feature on the Apple Watch automatically detects when you're washing your hands and displays a 20-second timer to help you wash them properly. Using motion sensors and microphones, the watch can detect when you begin washing your hands, displaying a 20-second timer so you can wash your hands as experts recommend, for at least 20 seconds each time. Here's how to use the Handwashing feature on the Apple Watch.

What is the handwashing feature on the Apple Watch?

The Apple Watch uses multiple sensors working together to detect actual handwashing activity. It only activates when it's certain you're actually washing your hands. The watch also detects the following activities:

1. The sound of flowing water is heard through the built-in microphone.
2. The natural movements of the hands and arms are appropriate for handwashing.

When both signals match, a 20-second timer will automatically appear on your watch face.

If you pause or stop before the time runs out, the watch will remind you to continue. If you finish on time, it will confirm with a small notification and a gentle vibration.

Apple Watch models that support handwashing functionality

The handwashing detection feature requires newer hardware, so it's not available on all Apple Watch models.

1. Apple Watch Series 4
2. Apple Watch Series 5
3. Apple Watch Series 6
4. Apple Watch Series 7
5. Apple Watch Series 8
6. Apple Watch Series 9
7. Apple Watch Ultra / Ultra 2

Apple Watches running watchOS 7 or later support this feature. Older models like the Series 3 do not support it.

Note the following when using the Apple Watch handwashing feature.

The handwashing detection function only works when water is running. Applying soap when the tap is off will not trigger the timer.

Thick phone cases or screen protectors can interfere with audio and motion detection.

The timer duration is fixed at 20 seconds and cannot be changed.

Insufficient water flow or excessively noisy environments can cause confusion during the detection process.

How to enable the handwashing feature on Apple Watch

Enable the handwashing feature directly on your Apple Watch.

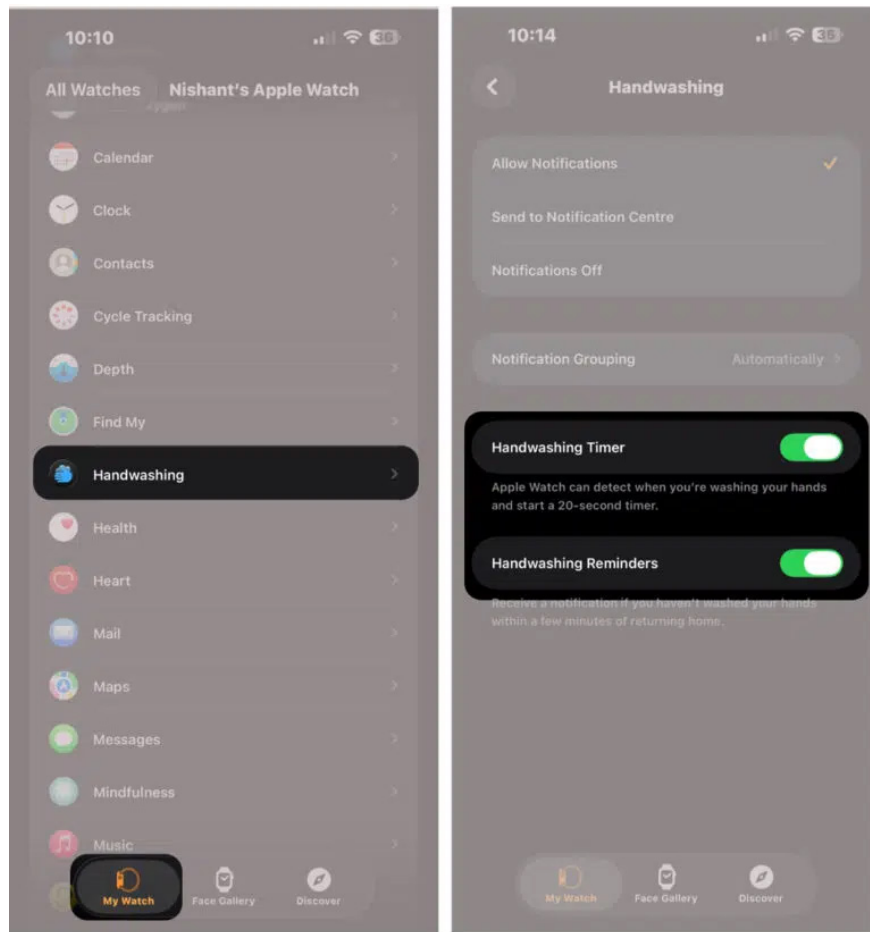
Open Settings, then **tap on Handwashing** . Now simply **turn on Handwashing Timer** .



Enable handwashing feature on iPhone.

Open the Watch app on your iPhone, then **tap My Watch** to access your connected watch. In the new interface, scroll down and **tap Handwashing** . Here, you can also **enable Handwashing Time** to use it. Additionally, you can activate Handwashing Reminders.

To turn off the handwashing feature on your Apple Watch, simply turn off the Handwashing Timer.



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