

Steps for proper hand washing

Total time: 60 seconds



Additional tips:

- Clean your hands regularly
- Wash your hands with soap and water, and dry them thoroughly
- Use alcohol-based handrub if you don't have immediate access to soap and water.



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



3 Rub hands palm to palm



4 Right palm over left dorsum with interlaced fingers and vice versa



5 Palm to palm with fingers interlaced



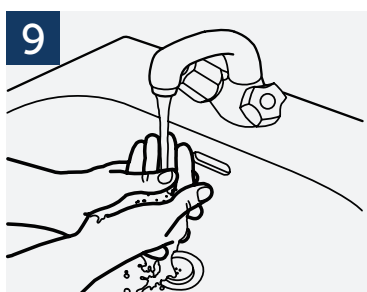
6 Backs of fingers to opposing palms with fingers interlocked



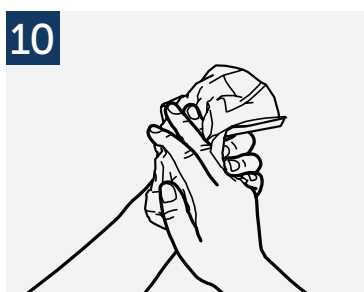
7 Rotational rubbing of left thumb clasped in right palm and vice versa



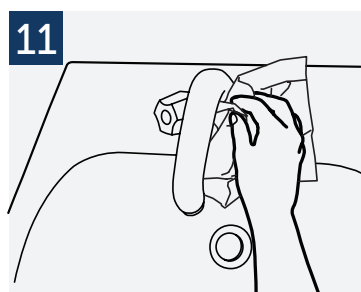
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



9 Rinse hands with water



10 Dry thoroughly with a single-use towel



11 Use towel to turn off faucet



12 Your hands are now safe