



Hand washing



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



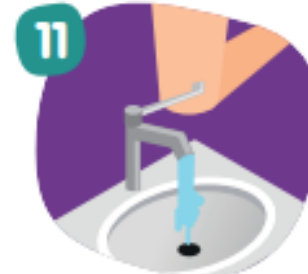
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap (if no elbow tap available use paper towel to turn off tap)



Dry thoroughly with a single-use towel



Hand washing should take 40-60 seconds



Hand washing



1
Wet hands
with water



2
Apply enough soap
to cover all
hand surfaces



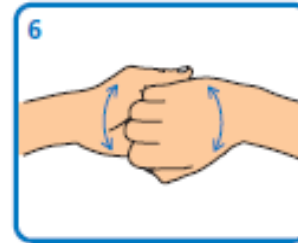
3
Rub hands palm
to palm



4
Rub back of each hand
with palm of other hand
with fingers interlaced



5
Rub palm to palm with
fingers interlaced



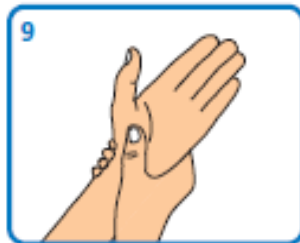
6
Rub with back of fingers
to opposing palms with
fingers interlocked



7
Rub each thumb clasped
in opposite hand using a
rotational movement



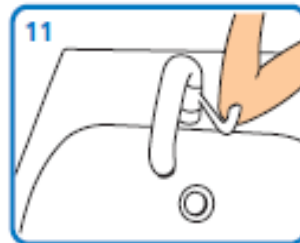
8
Rub tips of fingers in
opposite palm in a
circular motion



9
Rub each wrist with
opposite hand



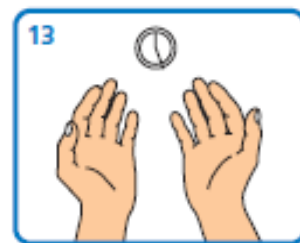
10
Rinse hands
with water



11
Use elbow to
turn off tap



12
Dry thoroughly with
a single-use towel



13
Hand washing should take
15–30 seconds