

# How to Wash with Soap and Water



1

Wet hands under lukewarm running water.



2

Dispense soap.



3

Rub hands palm to palm.



4

Rub right palm over top of left hand with interlaced fingers. Repeat with left palm over top of right hand.



5

Rub palms together with fingers interlaced.



6

Rub backs of fingers to opposing palms with fingers interlocked.



7

Rotate rubbing the left thumb clasped in the right palm. Repeat with right thumb clasped in the left palm.



8

Rotate rubbing, backwards and forwards with clasped fingers of your right hand in your left palm. Repeat with left hand in right palm.



9

Rinse hands thoroughly with running water.



10

Dry with clean paper towels. Turn water off using towel.

**The total process should take approximately 40-60 seconds.**

World Health Organization. WHO guidelines on hand hygiene in health care. Geneva, Switzerland: World Health Organization; 2009.

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