

How to Wash Your Hands

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 20-40 seconds.