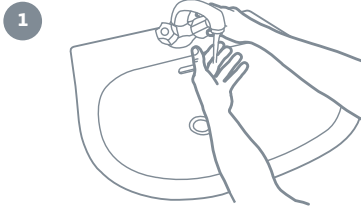


# How to wash your hands

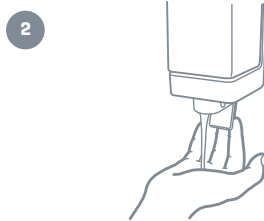


Duration of the entire procedure :  
**40-60 seconds**



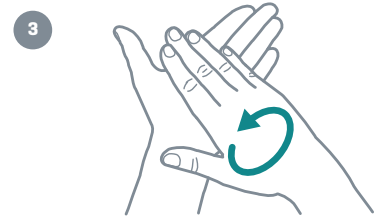
1

Wet hands with water



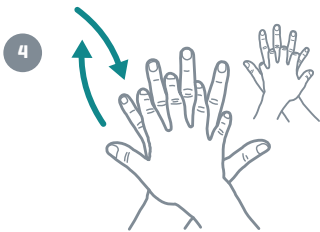
2

Apply enough soap to cover all hand surfaces



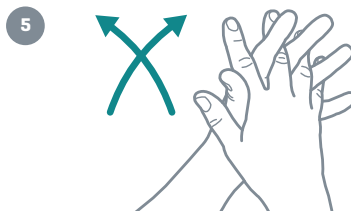
3

Rub hands palm to palm



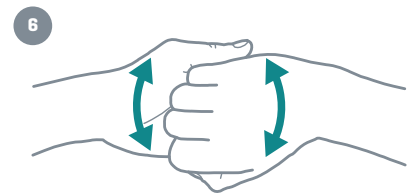
4

Right palm over left dorsum with interlaced fingers and vice versa



5

Palm to palm with fingers interlaced



6

Back of fingers to opposing palms with fingers interlocked



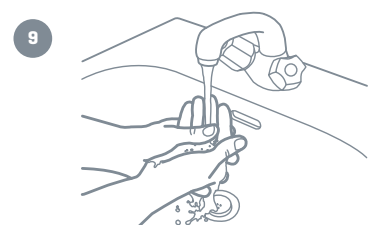
7

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



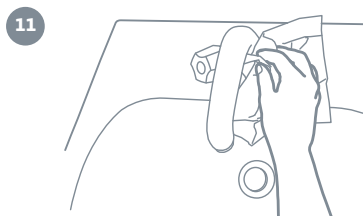
9

Rinse hands with water



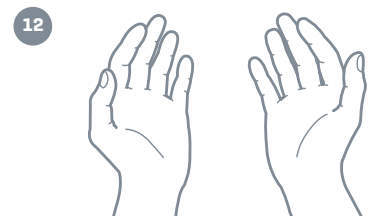
10

Dry hands thoroughly with a single use towel



11

Use towel to turn off faucet



12

Your hands are now safe