



WASH YOUR HANDS!

Effective hand washing using soap and water

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 rotational movement

8




Rub fingers in opposite palm in a circular motion

9




Rub each wrist with opposite hand

10




Rinse hands with clean water

11



Dry thoroughly using a single-use towel or hand dryer

12



Steps 1 - 9 should take at least 20 seconds

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