Wash hands with soap and water when visibly soiled. Otherwise, use alcohol-based hand rub.

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 back of left hand 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