

# HOW TO WASH YOUR HANDS\*

**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



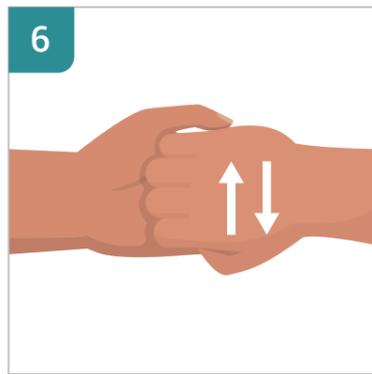
**3**  
RUB HANDS  
PALM TO PALM



**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



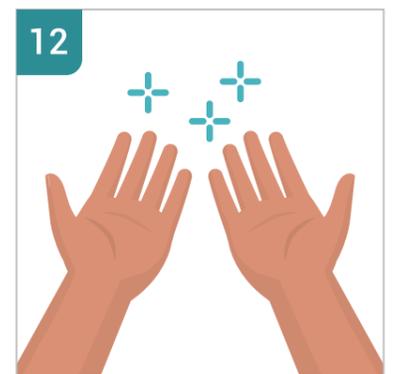
**9**  
RINSE HANDS WITH  
WATER



**10**  
DRY HANDS  
THOROUGHLY WITH A  
SINGLE USE TOWEL



**11**  
USE TOWEL TO TURN  
OFF FAUCET



**12**  
YOUR HANDS  
ARE NOW SAFE