

# HOW TO HANDWASH?

Wash hands with water and soap, especially when visibly dirty.



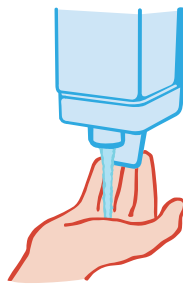
Duration of the entire procedure:  
**40-60 seconds**

1



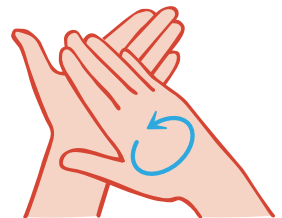
Wet hands with water.

2



Apply enough soap to cover all hand surfaces.

3



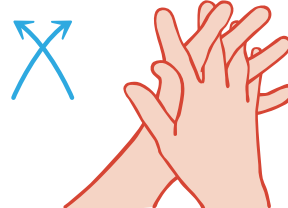
Rub hands palm to palm.

4



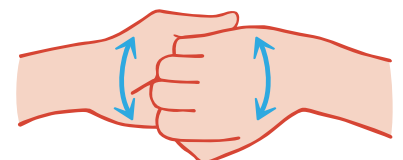
Right palm over left dorsum with interlaced fingers and vice versa.

5



Palm to palm with fingers interlaced.

6



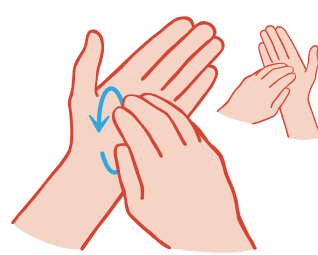
Backs of fingers to opposing palms with fingers interlocked.

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



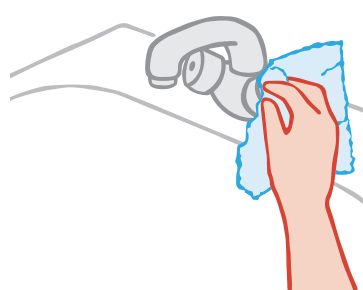
Rinse hands with water.

10



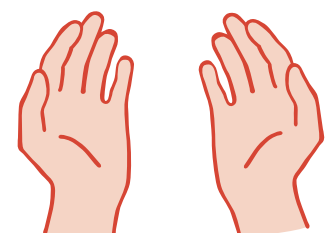
Dry hands thoroughly with a single use towel.

11



Use towel to turn off faucet.

12



Your hands are clean.