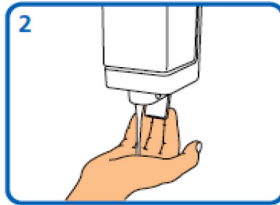


Hand-washing technique with soap and water



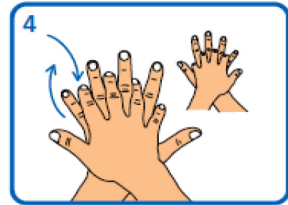
1
Wet hands
with water



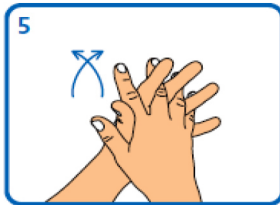
2
Apply enough soap
to cover all
hand surfaces



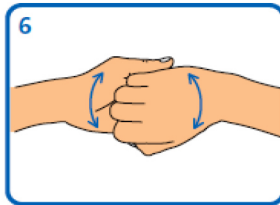
3
Rub hands palm
to palm



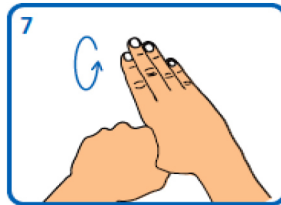
4
Rub back of each hand
with palm of other hand
with fingers interlaced



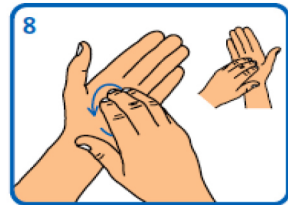
5
Rub palm to palm with
fingers interlaced



6
Rub with back of fingers
to opposing palms with
fingers interlocked



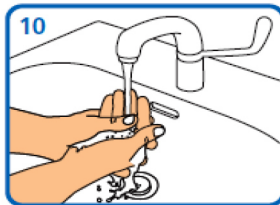
7
Rub each thumb clasped
in opposite hand using a
rotational movement



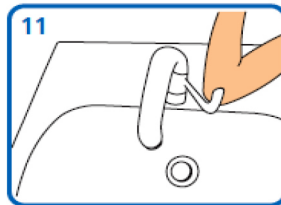
8
Rub tips of fingers in
opposite palm in a
circular motion



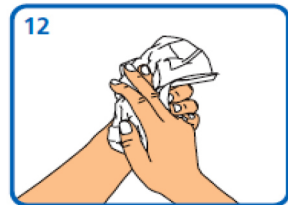
9
Rub each wrist with
opposite hand



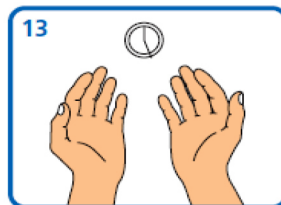
10
Rinse hands
with water



11
Use elbow to
turn off tap



12
Dry thoroughly with
a single-use towel



13
Washing your hands should take
at least 20 seconds