



# WASH YOUR HANDS!

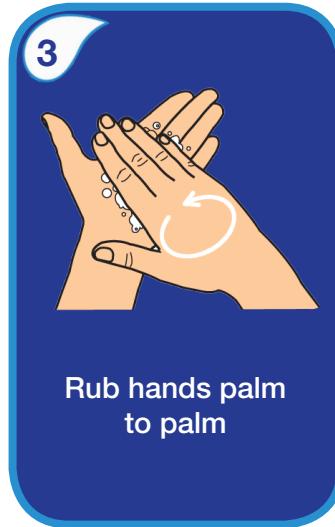
Effective hand washing using soap & water



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



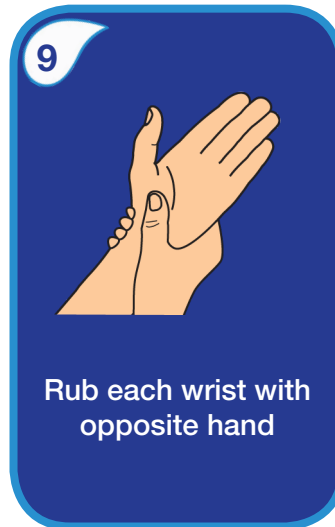
6 Rub with back of fingers to opposing palms with fingers interlocked



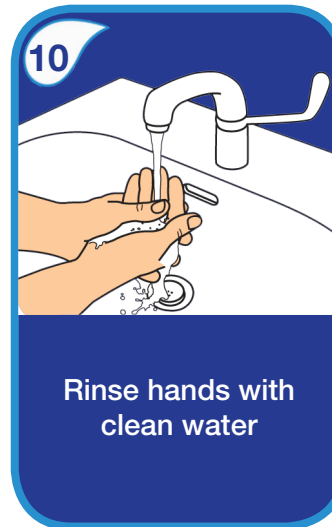
7 Rub each thumb clasped in opposite hand using rotational movement



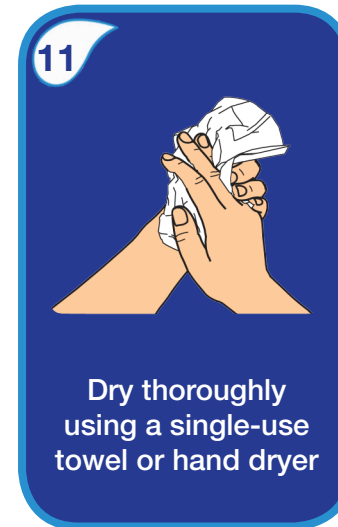
8 Rub fingers in opposite palm in a circular motion



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



SHARING OUR EXPERTISE

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