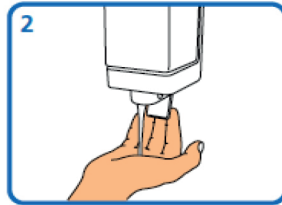


Hand-washing technique with soap and water



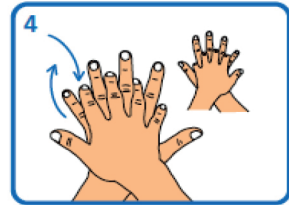
Wet hands
with water



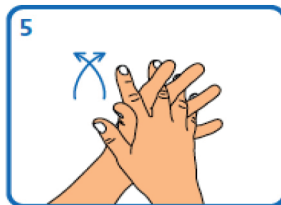
Apply enough soap
to cover all
hand surfaces



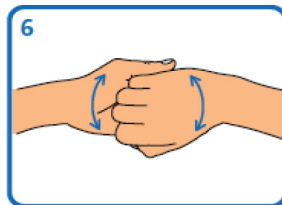
Rub hands palm
to palm



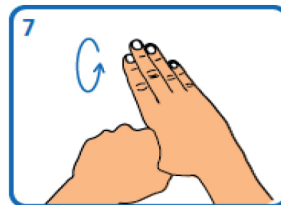
Rub back of each hand
with palm of other hand
with fingers interlaced



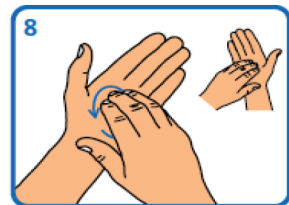
Rub palm to palm with
fingers interlaced



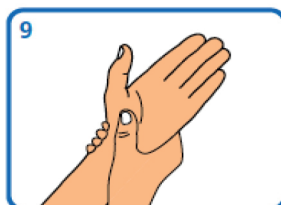
Rub with back of fingers
to opposing palms with
fingers interlocked



Rub each thumb clasped
in opposite hand using a
rotational movement



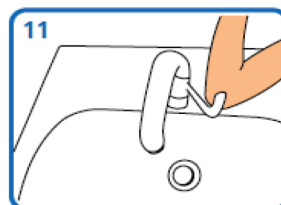
Rub tips of fingers in
opposite palm in a
circular motion



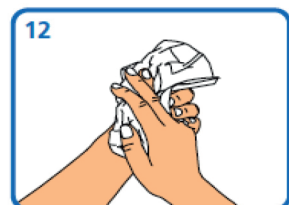
Rub each wrist with
opposite hand



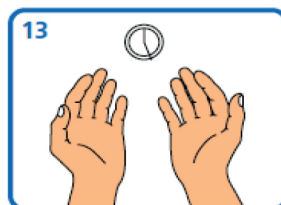
Rinse hands
with water



Use elbow to
turn off tap



dry thoroughly with
a single use towel
or hand drier



Washing your hands should take
at least 20 seconds

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Adapted from World Health Organization *Guidelines on Hand Hygiene in Health Care*