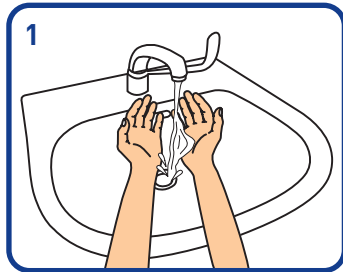


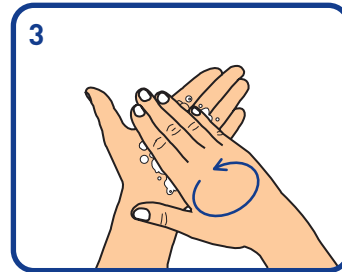
Hand washing technique with soap and water



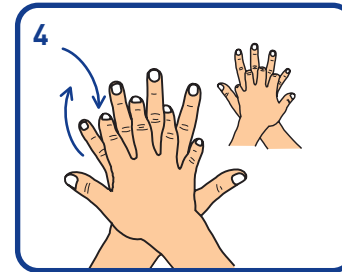
1 Wet hands with water



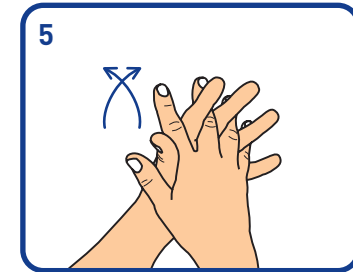
2 Apply enough soap to cover all hand surfaces



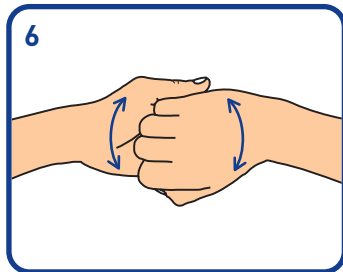
3 Rub hands palm to palm



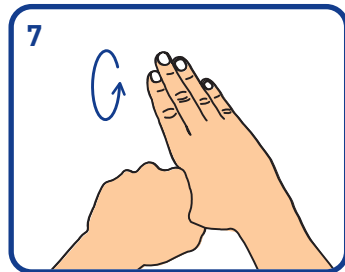
4 Rub back of each hand with palm of other hand with fingers interlaced



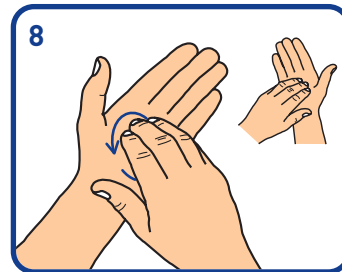
5 Rub palm to palm with fingers interlaced



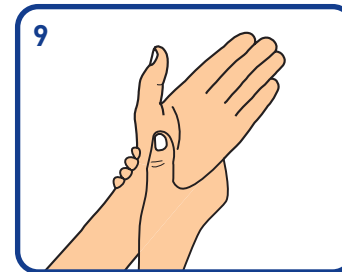
6 Rub with back of fingers to opposing palms with fingers interlocked



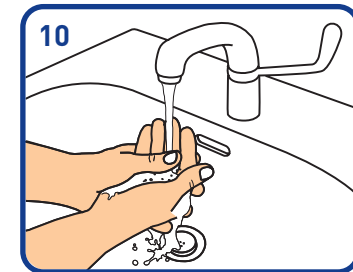
7 Rub each thumb clasped in opposite hand using a rotational movement



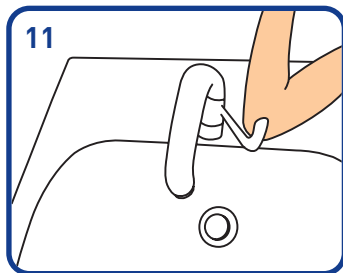
8 Rub tips of fingers in opposite palm in a circular motion



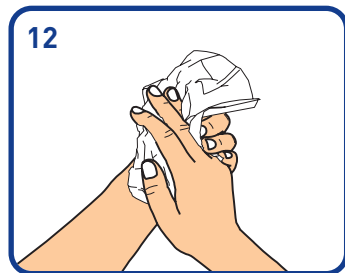
9 Rub each wrist with opposite hand



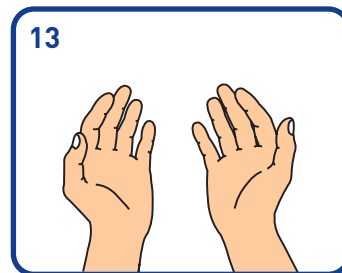
10 Rinse hands with water



11 Use elbow to turn off tap (if no elbow tap available use paper towel to turn off tap)



12 Dry thoroughly with a single-use towel



13 Hand washing should take 40-60 seconds

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World Health Organization

Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care 2009