Effective hand-washing



Duration of the procedure: at least 20 seconds



Wet hands with water



2 Apply plenty of soap



Rub your hands together, palm to palm



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



Rub palm to palm with fingers interlaced



Rub with the backs of fingers to opposing palms, with fingers interlaced



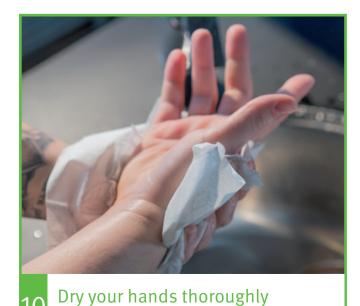
Rub each thumb clasped in the opposite hand using a rotational movement



Rub the tips of the fingers in the opposite palm using a circular motion



Rinse your hands well with water



with a single-use towel



