

# Effective hand-washing

Duration of the procedure: at least 20 seconds



1 Wet hands with water



2 Apply plenty of soap



3 Rub your hands together, palm to palm



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



5 Rub palm to palm with fingers interlaced



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



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



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



9 Rinse your hands well with water



10 Dry your hands thoroughly with a single-use towel



11 Keep the towel in your hand and use it to turn off the tap



Your hands are now  
clean and safe!