

# Effective hand-washing

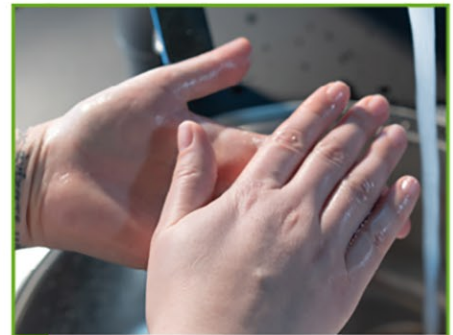
Duration of the procedure: at least 20 seconds



1 Wet hands with water



2 Apply plenty of soap



3 Rub your hands together,  
palm to palm



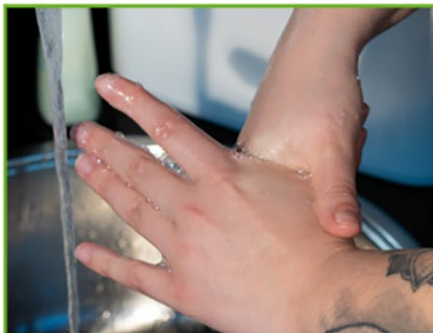
4 Rub the back of each hand with  
the palm of the other hand,  
with fingers interlaced



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!