

# Handwashing Guide

1.



Wet hands with water

2.



Apply enough soap to cover all hand surfaces

3.



Rub hands palm to palm

4.



Right palm over the back of the other hand with interlaced fingers and vice versa

5.



Palm to palm with fingers interlaced

6.



Back of fingers to opposing palms with fingers interlocked

7.



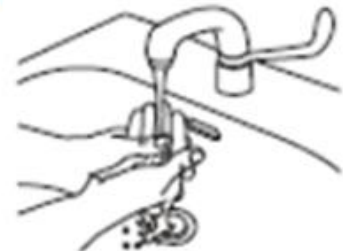
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

8.



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

9.



Rinse hand with water.

10.



Dry thoroughly with towel.

11.



Use elbow to turn off tap.

12.



Steps 3-8 should take at least 15 seconds.



...and your hands are safe."