

HOW TO WASH YOUR HANDS

PROTECT YOURSELF
& OTHERS AGAINST
INFECTIONS



Hand washing procedure

Wash and dry your hands thoroughly for at least 60 seconds with soap, water and paper towel.



1

Wet hands and arms to remove dirt



2

Apply soap – be sure to dispense enough to cover both hands



3

Scrub hands and arms vigorously starting with palms



4

Rub the back of one hand against the palm of the other, then swap



5

Rub palms together with fingers interlaced



6

Rub tips of fingers against palm of the opposite hand



7

Wash each thumb by rotating inside the palm of the other hand



8

Rub the backs of fingers in small circular motions against palms



9

Remember to wash the wrists



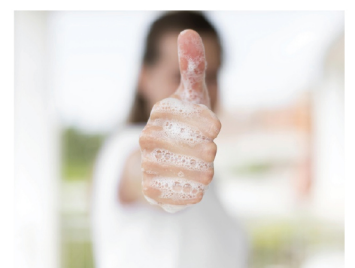
10

Rinse hands and arms thoroughly with water for 30 seconds



11

Dry hands and arms with a single use paper towel



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