WASH YOUR HANDS
Here’s How To Do It

1. Wet hands with warm water and apply enough soap to cover all hand surfaces.

2. Rub hands palm to palm
3. Rub palm over left dorsum with interlaced fingers and vice versa
4. Palm to palm with fingers interlaced
5. Back of fingers to opposing palms with fingers interlaced
6. Rotational rubbing of left thumb clasped in right palm and vice versa
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

Steps 2 - 7 should take at least 20 seconds. Maybe longer.

8. Rinse well
9. Dry thoroughly with a clean towel
10. Use a towel to turn off the faucet