

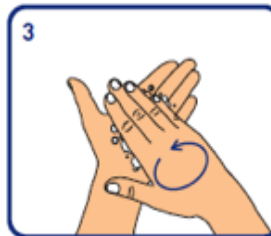
Hand washing technique with soap and water



Wet hands
with water



Apply enough soap
to cover all hand
surfaces



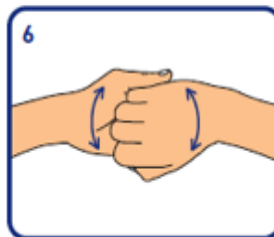
Rub hands palm
to palm



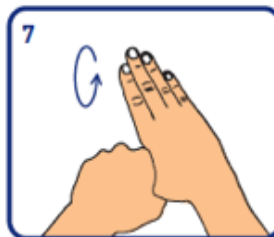
Rub back of each hand
with palm of other hand
with fingers interlaced



Rub palm to palm with
fingers interlaced



Rub with back of fingers
to opposing palms with
fingers interlocked



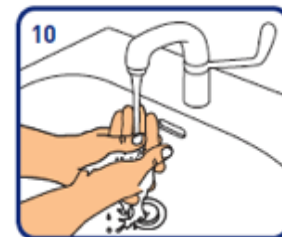
Rub each thumb clasped
in opposite hand using a
rotational movement



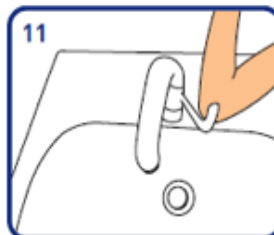
Rub tips of fingers in
opposite palm in a
circular motion



Rub each wrist with
opposite hand



Rinse hands
with water



Use elbow to turn off tap
(if no elbow tap available
use paper towel to turn off tap)



Dry thoroughly with
a single-use towel



Hand washing should
take 40-60 seconds

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World Health
Organization

Adapted from World Health Organization Guidelines
on Hand Hygiene in Health Care 2009

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