

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!