

## How to wash your hands

You should spend between 20 and 30 seconds washing your hands with soap and clear running water.

Wash hands thoroughly taking care to include palms, thumbs and fingers, including tips, and backs of hands.



Wet hands with water



Apply enough soap to cover all hand surfaces

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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 each thumb clasped in opposite hand using a rotational movement

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Rub tips of fingers in opposite palm in circular motion



Rub each wrist with opposite hand



Rinse hands with water



Dry thoroughly