



# Hand-washing technique with soap and water



1  
Wet hands  
with water



2  
Apply enough soap  
to cover all  
hand surfaces



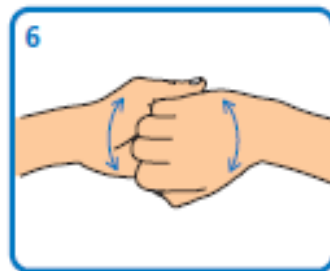
3  
Rub hands palm  
to palm



4  
Rub back of each hand  
with palm of other hand  
with fingers interlaced



5  
Rub palm to palm with  
fingers interlaced



6  
Rub with back of fingers  
to opposing palms with  
fingers interlocked



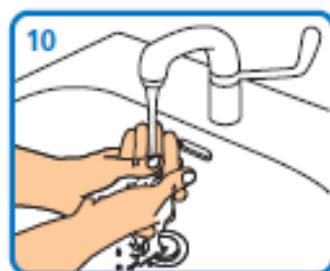
7  
Rub each thumb clasped  
in opposite hand using a  
rotational movement



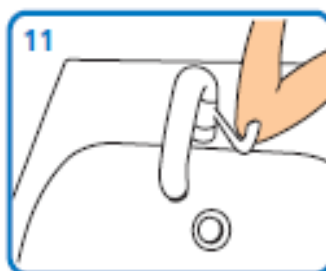
8  
Rub tips of fingers in  
opposite palm in a  
circular motion



9  
Rub each wrist with  
opposite hand



10  
Rinse hands  
with water



11  
Use elbow to  
turn off tap



12  
Dry thoroughly with  
a single-use towel



13  
Hand washing should take  
15-30 seconds