

# How to Wash Your Hands

## With Soap and Water



1  
Wet hands under lukewarm running water.



2  
Dispense soap.



3  
Rub hands palm to palm.



4  
Rub right palm over top of left hand with interlaced fingers. Repeat with left palm over top of right hand.



5  
Rub palms together with fingers interlaced.



6  
Rub backs of fingers to opposing palms with fingers interlocked.



7  
Rotate rubbing the left thumb clasped in the right palm. Repeat with right thumb clasped in the left palm.



8  
Rotate rubbing, backwards and forwards with clasped fingers of your right hand in your left palm. Repeat with left hand in right palm.



9  
Rinse hands thoroughly with running water.



10  
Dry with clean paper towels. Turn water off using towel.

The total process should take approximately 20-40 seconds.