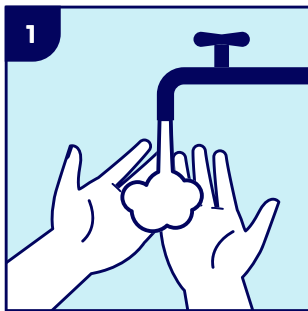


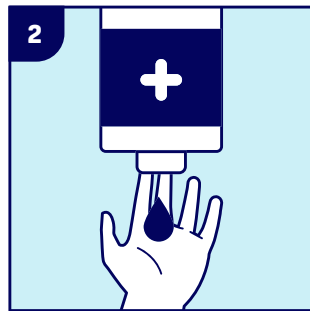
# How to Wash Hands

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HAND SANITIZER.

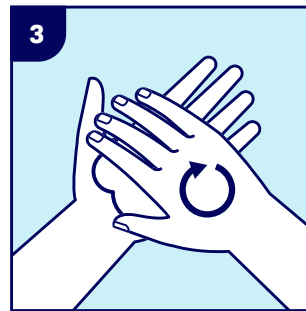
 Duration of the entire procedure: 40–60 seconds



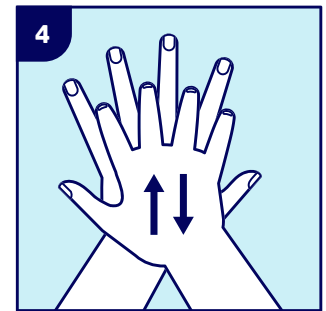
1 Wet hands with water.



2 Apply enough soap to cover all hand surfaces.



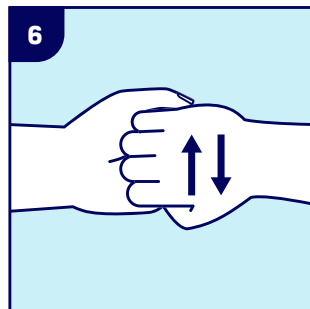
3 Rub hands palm to palm;



4 Right palm over left dorsum with interlaced fingers and vice versa;



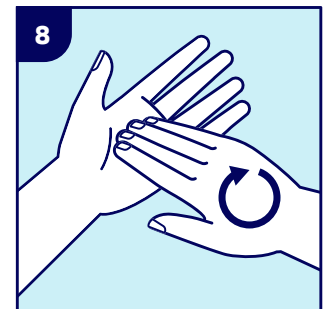
5 Palm to palm with fingers interlaced;



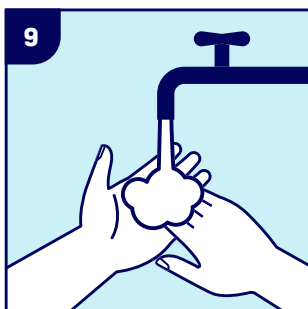
6 Backs of fingers to opposing palms with fingers interlocked;



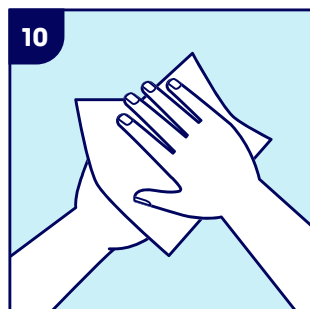
7 Rotational rubbing of left thumb clasped in right palm and vice versa;



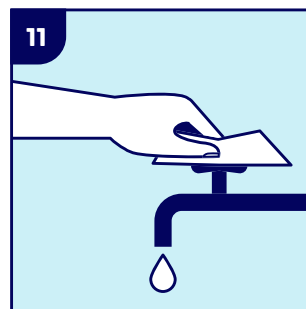
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



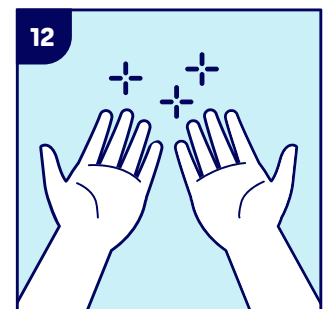
9 Rinse hands with water.



10 Dry hands thoroughly with a single-use towel.



11 Use towel to turn off faucet.



12 Your hands are now safe.



DOH 420-428 July 2022

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