

# HOW TO WASH YOUR HANDS **PROPERLY**

Good hand hygiene is the easiest way to reduce the spread of infections.

0



Wet your hands with water.

1



Apply soap to your hands.

2



Rub hands palm to palm.

3



Rub right palm over left dorsum with interlaced fingers and vice versa.

4



Rub palm to palm with fingers interlaced.

5



Rub backs of fingers to opposing palms with fingers interlocked.

6



Do rotational rubbing of left thumb clasped in right palm and vice versa.

7



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

8



Rinse hands carefully with water.

9



Dry hands thoroughly with a single use cotton towel or paper towel.

