

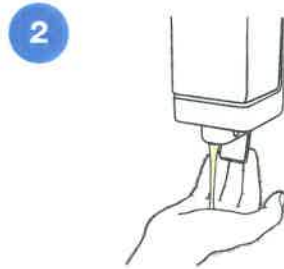


Best Practice: How to hand wash step by step images

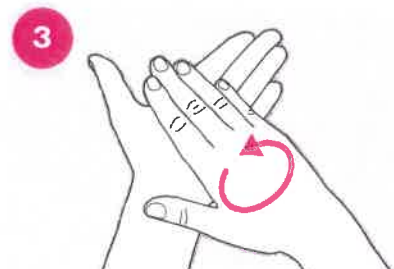
Steps 3-8 should take at least 15 seconds.



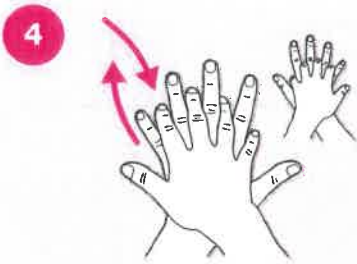
Wet hands with water.



Apply enough soap to cover all hand surfaces.



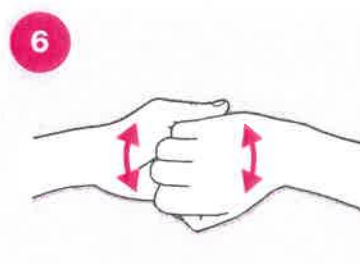
Rub hands palm to palm.



Right palm over the back of the other hand with interlaced fingers and vice versa.



Palm to palm with fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



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



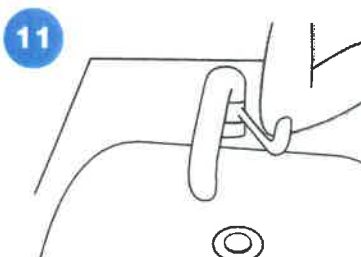
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



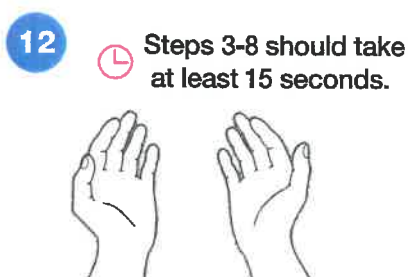
Rinse hands with water.



Dry thoroughly with towel.



Use elbow to turn off tap.



... and your hands are safe*.