

HANDWASHING IN 9 STEPS



1. WET YOUR HANDS

Wet your hands under running water.



2. APPLY SOAP

Use enough liquid soap to lather your hands entirely.



3. RUB YOUR HANDS TOGETHER

In a circular motion, rub your palms together. Do not scrub or use anything abrasive that could damage your skin.



4. CLEAN THE BACK OF YOUR HANDS

With one hand, rub the back of the other and clean in between the fingers. Repeat on the other hand.



5. LINK YOUR FINGERS

Interlink your fingers and thoroughly clean between them.



6. CUP YOUR FINGERS

Place your right hand over your left and cup your fingers, interlocking them into each other. Now rub the back of your palms, then swap.



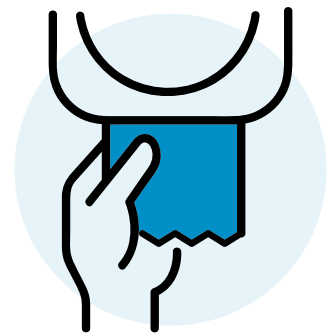
7. CLEAN YOUR THUMBS

Hold your left thumb with your right hand and rotate. Repeat on the opposite hand.



8. RINSE YOUR HANDS

Using clean water, rub your hands until the soap has been removed.



9. THOROUGHLY DRY YOUR HANDS

Using a disposable towel, or automatic hand dryer, thoroughly dry your hands. If using a manual tap, rather than hands-free basins and taps, use a disposable towel to turn the tap off.