

HOW TO WASH YOUR HANDS EFFECTIVELY

PREVENT INFECTION AND SAVE A LIFE



WET HANDS WITH WATER



APPLY SOAP



RUB HANDS PALM TO PALM



RUB BACK OF EACH HAND WITH PALM OF THE OTHER



RUB PALM TO PALM WITH FINGERS INTERLACED



RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS



ROTATE OPPOSING HAND AROUND EACH THUMB



RUB FINGERS AROUND OPPOSING PALM



RINSE HANDS WITH WATER



DRY HANDS THOROUGHLY WITH A SINGLE USE TOWEL



USE TOWEL OR ELBOW TO TURN OFF TAP & DISPOSE OF IN WASTE BIN



YOUR HANDS ARE NOW CLEAN AND SAFE

