



HOW TO WASH YOUR HANDS

PROTECT YOURSELF
& OTHERS AGAINST
INFECTIONS



1 WET HANDS AND APPLY SOAP



2 RUB PALM TO PALM



3 RUB PALMS WITH FINGERS INTERLACED



4 SCRUB THE BACK OF YOUR HANDS



5 CLEAN BASE OF THUMBS



6 WASH FINGERTIPS AND FINGERNAILS



7 RINSE HANDS WITH WATER



8 DRY HAND WITH TOWEL



9 YOUR HANDS ARE NOW CLEAN