

How to hand wash?



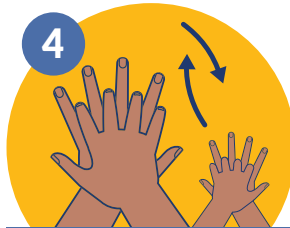
1
Wet hands with warm (not hot or cold) running water



2
Apply enough soap to cover all hand surfaces



3
Rub hands palm to palm



4
Rub back of the hands



5
Rub between fingers



6
Rub back of fingers in each palm



7
Rub each thumb



8
Rub finger nails in each palm



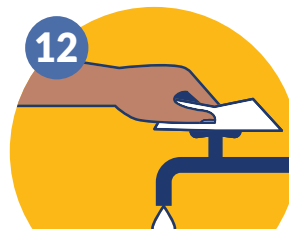
9
Rub wrists



10
Rinse hands with water



11
Gently pat hands dry with paper towel



12
Use towel to turn off faucet



13
Your hands are now safe

Use soap and water if hands are visibly soiled

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Adapted from the World Health Organization hand hygiene posters by the Provincial Hand Hygiene Working Group

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