

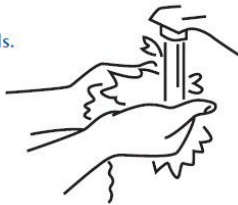
Effective Hand Washing

I WASH MY HANDS

Step by step

1*

Wet hands.



2

Add 3 to 5 mL of soap or antiseptic solution.



3

Scrub hands palm to palm.



4

Scrub right hand's palm on the back of the left hand, and vice versa.



5

Scrub palm to palm, interlacing fingers.



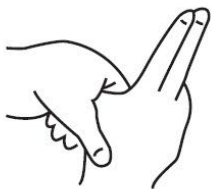
6

Scrub outer side of the fingers against the palm of the opposite hand.



7

Scrub thumbs rotatively.



8

Scrub fingertips of each hand in opposite palm.



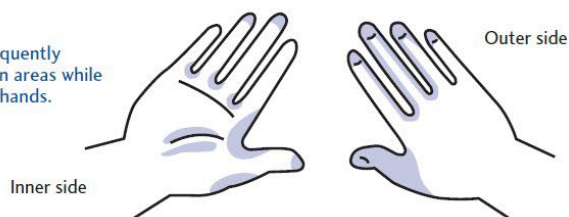
9*

Rinse and dry hands using paper towels; turn off water using the paper.



10

Most frequently forgotten areas while washing hands.



* Not necessary if using an antiseptic solution without water.