

WASH YOUR HANDS

(1.)

Wet hands with water

(2.)

Apply enough soap to cover all hand surfaces

(3.)

Rub hands palm to palm

(4.)

Right palm over left hand, interlaced fingers. And vice versa

Palm to palm, fingers interlaced

(5.)

(7.)

Rotational rubbing of right and left thumbs

(6.)

Back of fingers to opposing palms, fingers interlocked

(8.)

Rotational rubbing with clasped fingers, in palm

(9.)

Rinse hands with water

(10.)

Dry thoroughly with a towel. Minimum twenty seconds

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