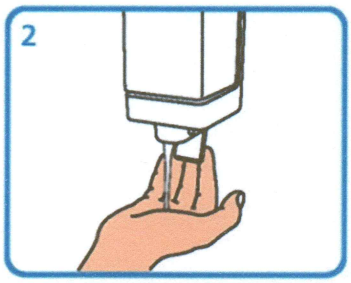
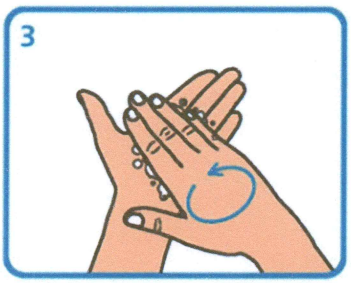
Hand-washing technique with soap and water

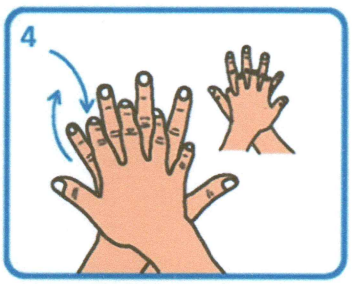
Wet hands with water



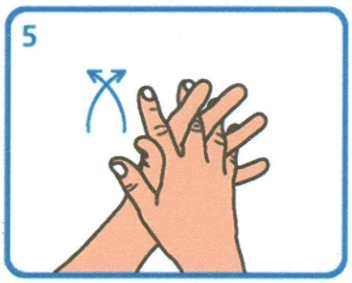
Apply enough soap to cover all hand surfaces



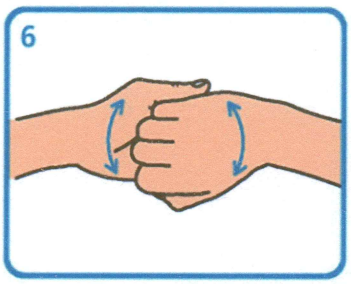
Rub hands palm to palm



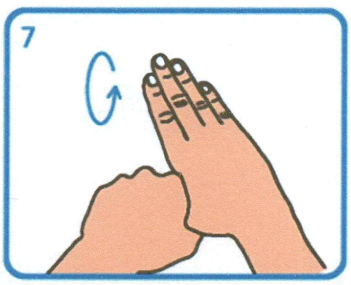
Rub back of each hand with palm of other hand with fingers interlaced



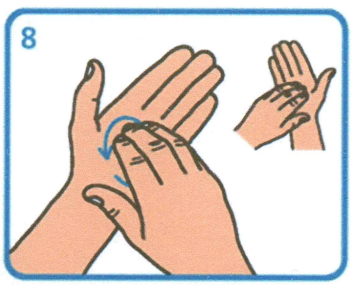
Rub palm to palm with fingers interlaced



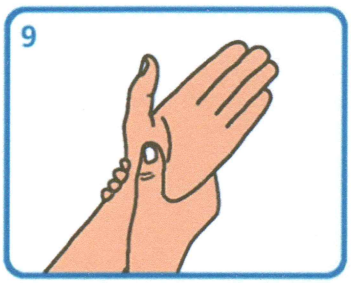
Rub with back of fingers to opposing palms with fingers interlocked



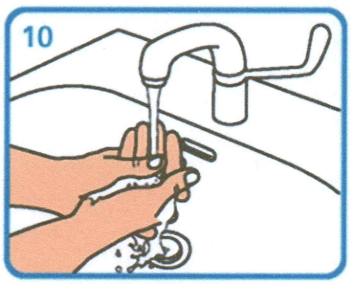
Rub each thumb clasped in opposite hand using a rotational movement



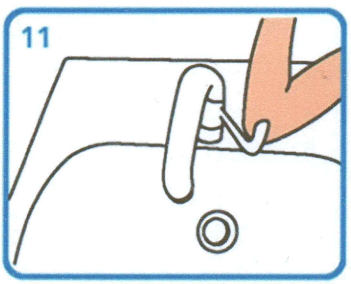
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand

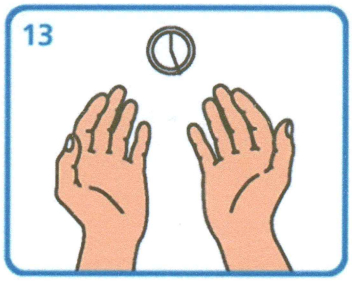


Rinse hands with water



Use elbow to turn off tap

Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds

cleanyourhands campaign

NHS National Patient Safety Agency

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Adapted from World Health Organization *Guidelines on Hand Hygiene in Health Care*