

# How to wash hands

STAYING HEALTHY | 5TH EDITION | 2013

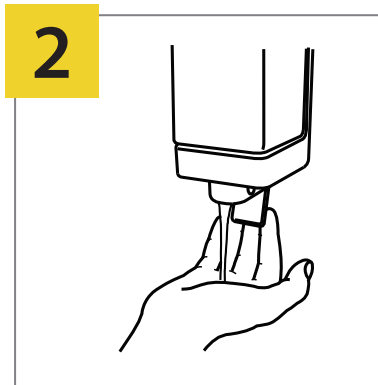


A hand wash should take around 30 seconds.



1

Wet hands with running water (preferably warm, for comfort).



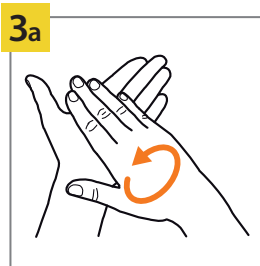
2

Apply soap to hands.



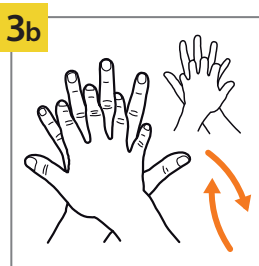
3

Lather soap and rub hands for at least 15 seconds, including:



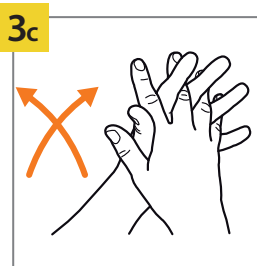
3a

palm to palm,



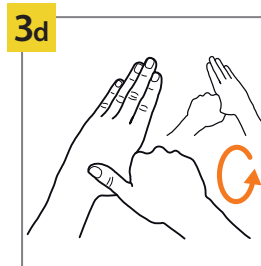
3b

back of hands,



3c

in between fingers and back of fingers,



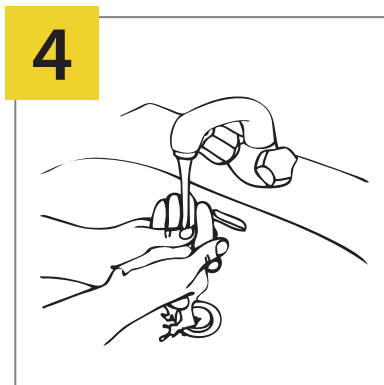
3d

around thumbs and



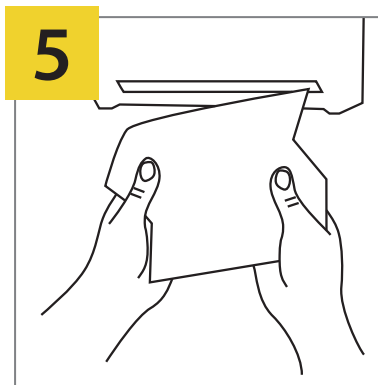
3e

tips of fingers.



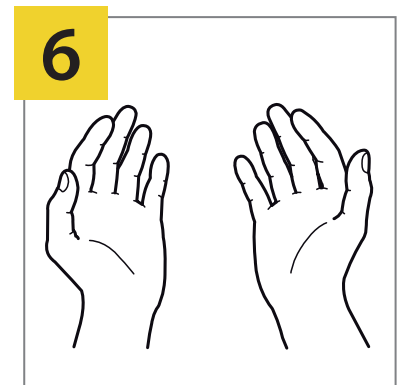
4

Rinse hands with water.



5

Dry hands thoroughly.



6

Your hands are clean.

THIS POSTER REFERENCES THE WORLD HEALTH ORGANIZATION'S 'HOW TO HANDWASH?' POSTER