

How to hand wash

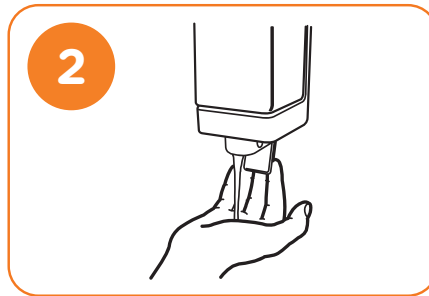
Wash hands when visibly soiled. Otherwise, use handrub with hand sanitiser.



Length of time to spend washing: 40-60 seconds



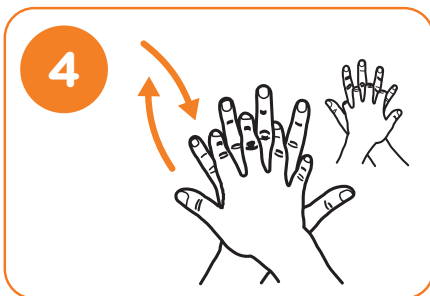
Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over the back of the left hand with interlaced fingers and do same on other hand



Palm to palm with fingers interlaced



Backs of fingers to opposite palm with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and do same on other hand



Rub in a circle with clasped fingers of right hand in left palm do same on other hand



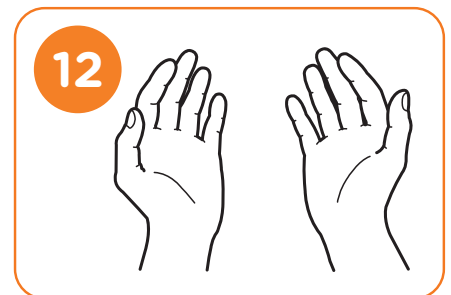
Rinse hands with water



Dry hands thoroughly with a clean towel or single use towel



For non-clinical hand wash basins turn off the tap with a tissue



Your hands are now safe