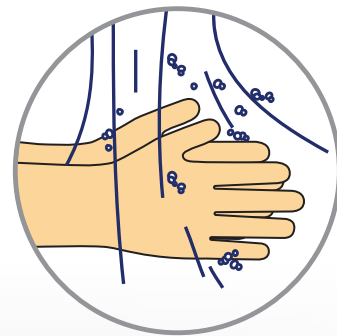


# HAND WASHING TECHNIQUE

## WITH SOAP AND WATER

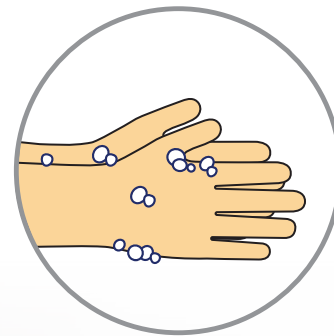
Entire procedure: 20-30 second duration



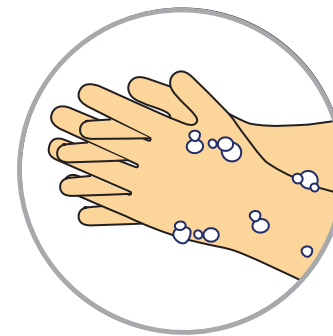
**1** Wet hands with warm water.



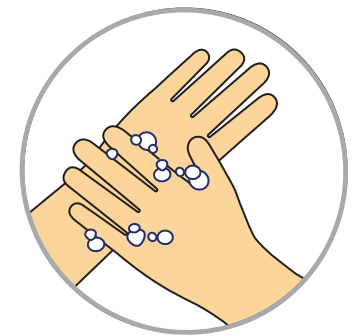
**2** Apply enough soap to cover entire surface of hands.



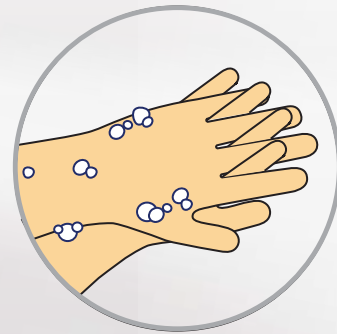
**3** Vigorously rub soap palm to palm.



**4** Rub back of each hand with palm of other hand.



**5** Clean your wrists.



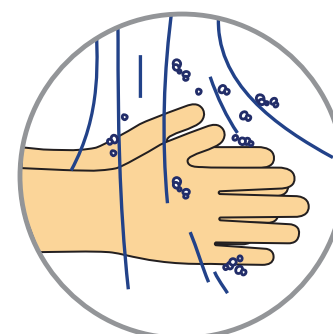
**6** Rub in between and around fingers.



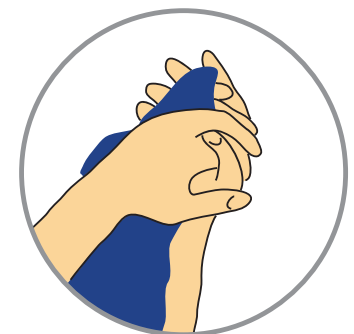
**7** Rub each thumb clasped in opposite hand.



**8** Rub fingers of each hand in opposite palm.



**9** Rinse all aspects of hands under running water.



**10** Pat hands dry with disposable paper towel, then use towel to turn off faucet.

**11** Dispose of paper towel in waste basket.

