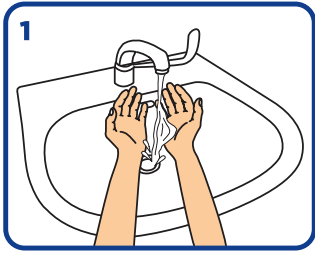
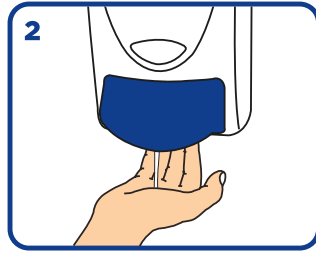


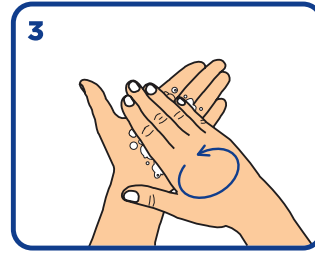
HAND WASHING TECHNIQUE WITH SOAP AND WATER



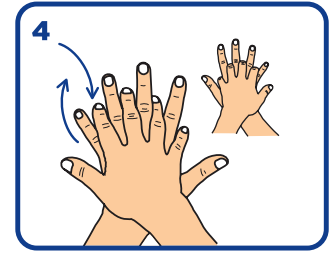
Wet hands with water



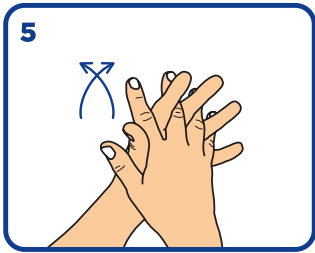
Apply enough soap to cover all hand surfaces



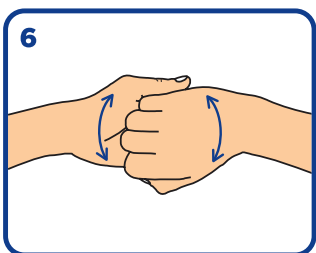
Rub soap into palms (15-30 seconds for entire scrubbing technique)



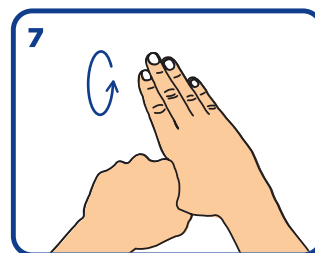
Rub backs of hands with fingers interlaced



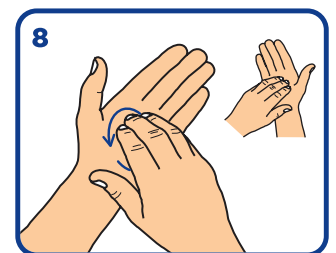
Rub palm to palm with fingers interlaced



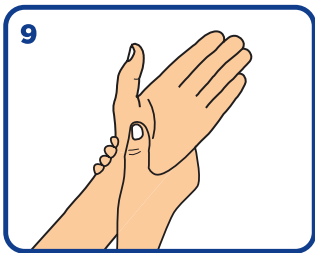
Work around fingers



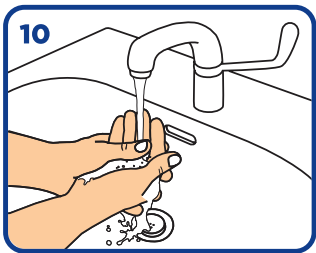
Rotational rubbing around thumbs



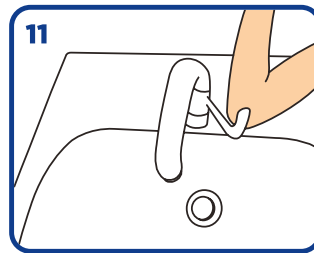
Scrub finger tips on palm



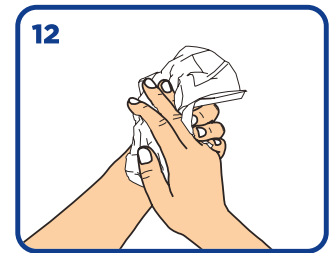
Rub each wrist



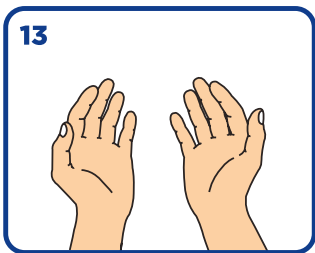
Rinse hands with water



Use elbow or paper towel to turn off tap



Dry thoroughly with a single-use towel



Entire hand washing procedure should take 40-60seconds

Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care 2009