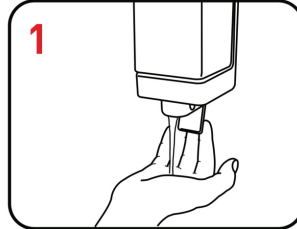




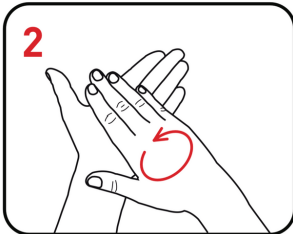
Handwashing Technique



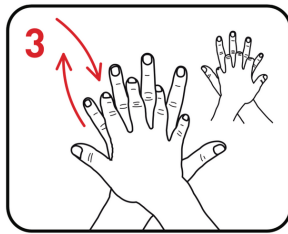
0 Wet hands with water



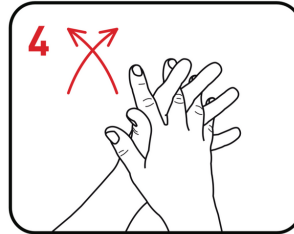
1 Apply enough soap to cover all hand surfaces



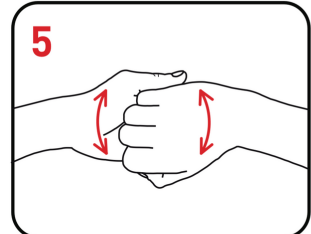
2 Rub hands palm to palm



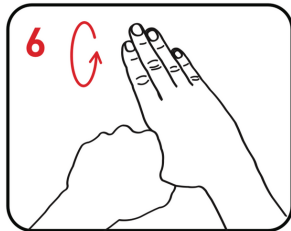
3 Rub back of each hand with the palm of other hand with fingers interlaced



4 Rub palm to palm with fingers interlaced



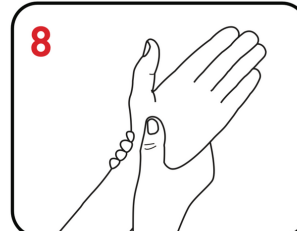
5 Rub with backs of fingers to opposing palms with fingers interlaced



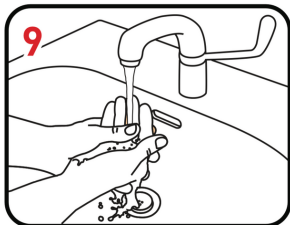
6 Rub each thumb clasped in opposite hand using rotational movement



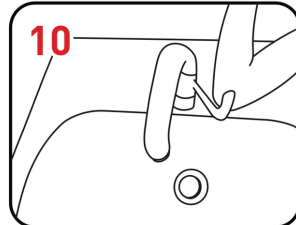
7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with the opposite hand



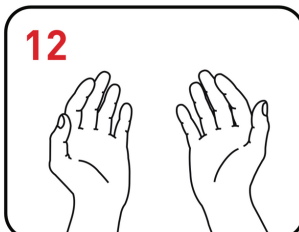
9 Rinse hands with water



10 Use elbow or hand towel to turn off tap



11 Dry thoroughly with a single-use towel



12 Your hands are now safe



40-60sec