Effective hand-washing

Duration of the procedure: at least 20 seconds

1. Wet hands with water
2. Apply plenty of soap
3. Rub your hands together, palm to palm
4. Rub the back of each hand with the palm of the other hand, with fingers interlaced
5. Rub palm to palm with fingers interlaced
6. Rub with the backs of fingers to opposing palms, with fingers interlaced
7. Rub each thumb clasped in the opposite hand using a rotational movement
8. Rub the tips of the fingers in the opposite palm using a circular motion
9. Rinse your hands well with water
10. Dry your hands thoroughly with a single-use towel
11. Keep the towel in your hand and use it to turn off the tap

Your hands are now clean and safe!