

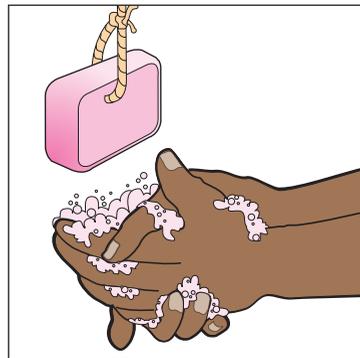
How to wash hands thoroughly



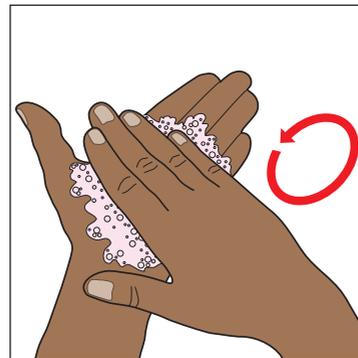
Hands should be washed with soap and under water for at least 20 seconds. Special attention needs to be paid to germs that may be trapped under nails and in crevices. The red arrows in the pictures below show the direction of movement of the hands.



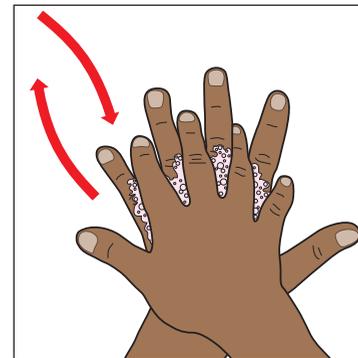
1. Wet hands with water



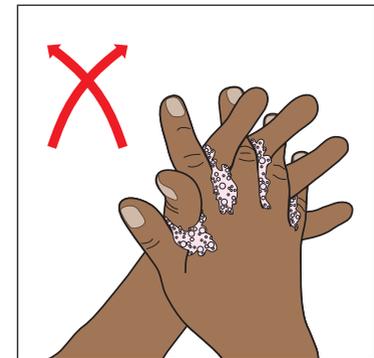
2. Apply soap to cover all surfaces of the hands



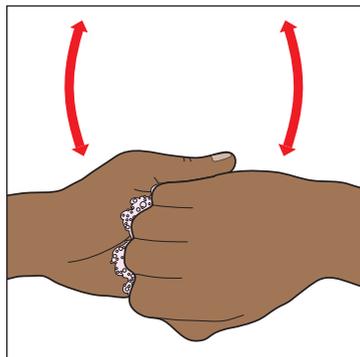
3. Rub hands palm to palm



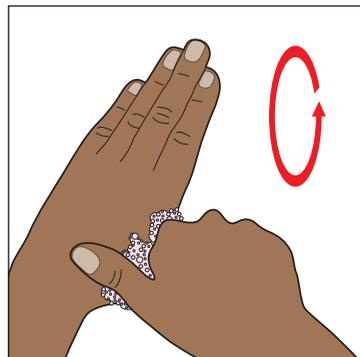
4. Rub each palm over the back of the other hand



5. Rub palm to palm with fingers interlaced



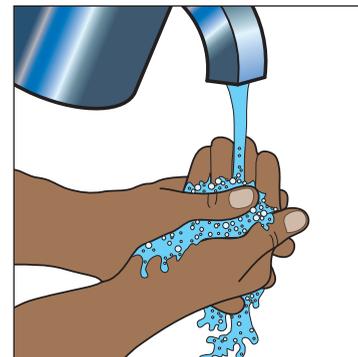
6. Rub backs of fingers to opposing palms with fingers interlocked



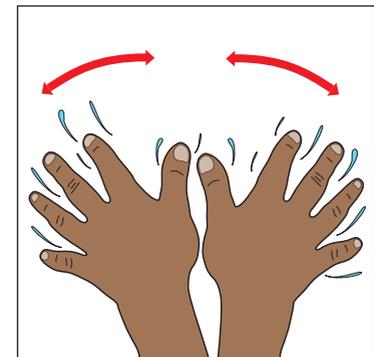
7. Rub each thumb clasped in opposing palm



8. Clasp fingers and circular rub opposing palm



9. Rinse well with water



10. Allow hands to dry completely before touching anything else