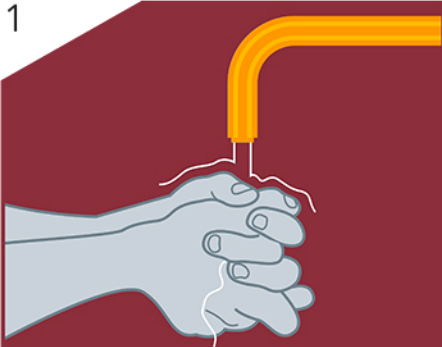
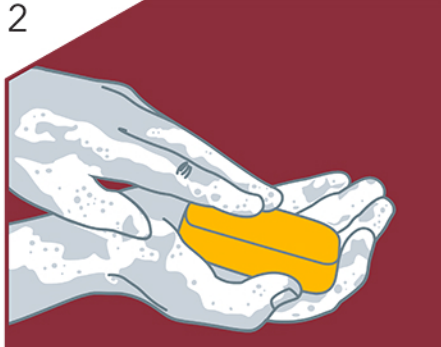


HAND WASHING

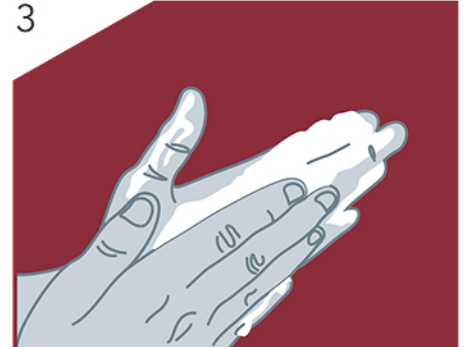
Hand hygiene with soap and water



1 Remove jewellery. Wet your hands with clean, running water (warm or cold) and turn off the tap.



2 Add soap to palm.



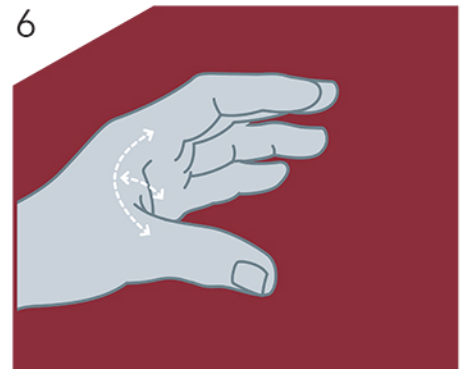
3 Rub hands together to create a lather.



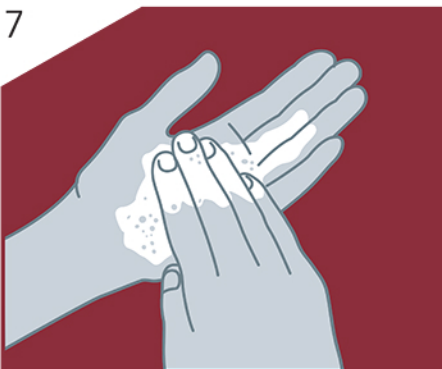
4 Cover all the surfaces of the hands and fingers.



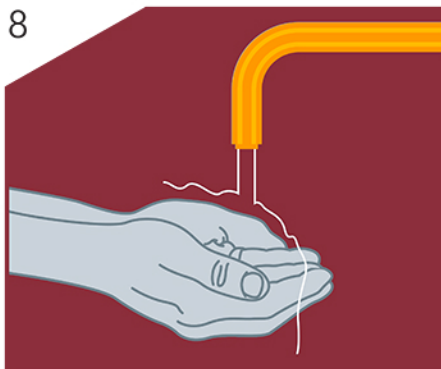
5 Clean knuckles, back of hands and fingers.



6 Clean the space between the thumb and index finger.



7 Work the finger tips into the palms to clean under the nails.



8 Rinse your hands well under clean, running water and turn off the tap.



9 Dry your hands using a clean towel or air-dry them.

Minimum wash time:
10 - 20 seconds



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