

## How to wash your hands?



It takes between 40 and 60 seconds and these simple movements:

- 1) Wet your hands well with water
- 2) Apply enough soap to cover the entire surface of your hands
- 3) Wipe your palm hands well against your palm
- 4) Wipe your left palm over your right back by braiding your fingers together
- 5) Wipe the back of your fingers against the opposite palm by holding your fingers tight together
- 6) Wipe your palm hands against your palm back and forth by weaving the fingers of your right hand crossed with those of the left
- 7) Wipe your right thumb by holding it tight in the palm of your left end right hand
- 8) Wipe by rotating the fingers of your right hand tightly in the palm of your left and right hand
- 9) Wipe your wrist by rotating your right hand fingers tightly together on your left wrist and repeat for your right wrist
- 10) Carefully rinse your hands with water
- 11) Carefully dry your hands with a disposable towel or cooling fan
- 12) Use disposable towels to close the faucet

Hand washing procedure rev. 1.00