

# How to wash your hands

- Wash visibly soiled hands with soap and water, otherwise use alcohol-based hand rub.
- Keep nails short and clean. Avoid artificial nails as they do not allow for adequate cleaning/disinfection.

Wash your hands for 40-60 seconds using steps below:

40-60  
seconds



Wet hands in clean water and apply soap to palm.



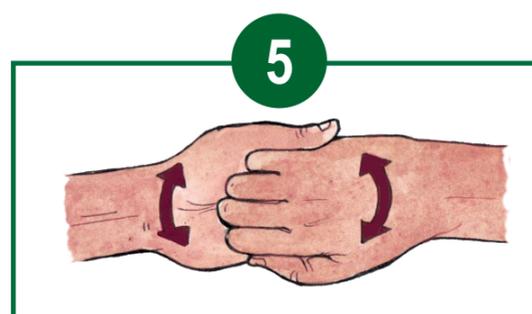
Rub palms together.



Place one hand over back of other, rub between fingers. Swap hands.



Rub fingers between each other.



Grip fingers and rub together.



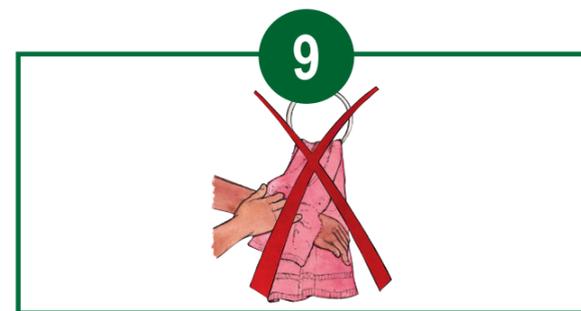
Rub each thumb with opposite palm. Swap hands.



Rub tips of nails against palm. Swap hands.



Rinse hands with water.



- Avoid shared towels.
- Dry using paper towel.
- Use paper towel to turn off tap.

Once dry, your hands are safe.