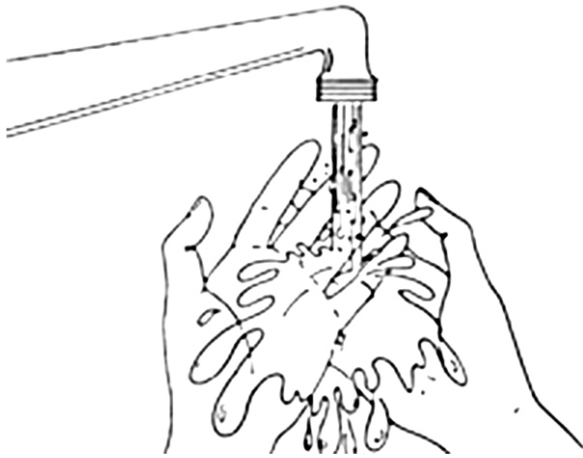


# Washing your hands properly with soap and water will help prevent germs from spreading.

Scrub your hands with soap for at least **15-20 seconds**. Using water alone does not remove soil and grease which can trap unseen germs and viruses.

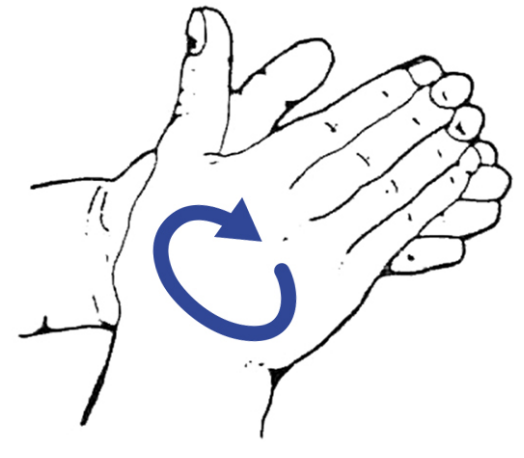
Total duration of the entire procedure is **40-60 seconds** using the following steps:



**1** Remove all jewellery. Wet hands with water



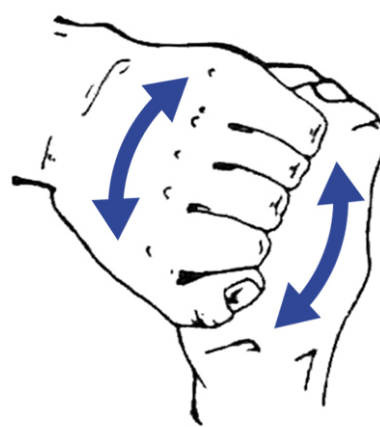
**2** Apply soap, covering all hand surfaces



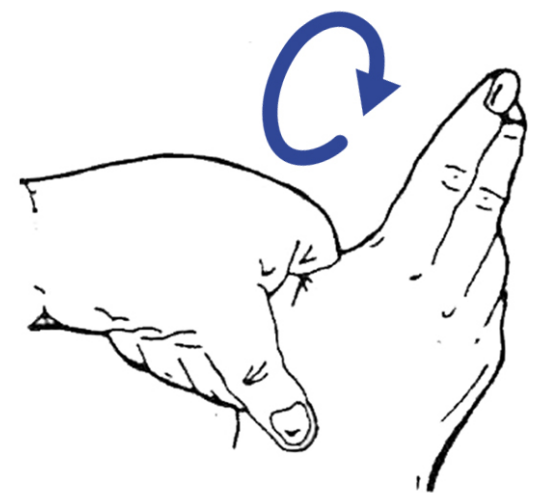
**3** Rub palms together



**4** Cover all surfaces of the hands and rub between the fingers



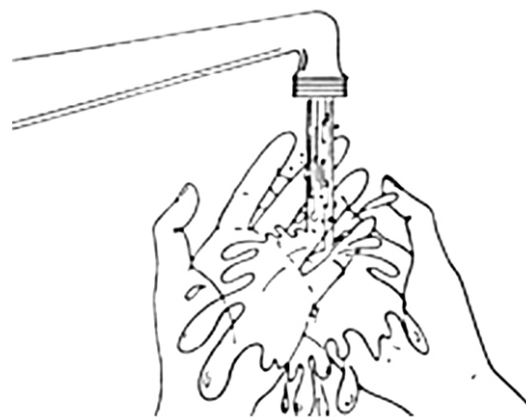
**5** Clean knuckles, back of hands and fingers



**6** Rub thumbs in a rotating manner and clean between index finger and thumb



**7** Clean the fingernails by working the fingertips into the palms



**8** Rinse well with water



**9** Dry your hands with a disposable towel and then use the towel to turn off the tap

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Handwashing Steps Poster – ENGLISH