

# Hand washing with soap and water

Help us stop the spread of infections. Wash your hands using the following steps:



Wet hands with water



Apply enough soap to cover all hand surfaces



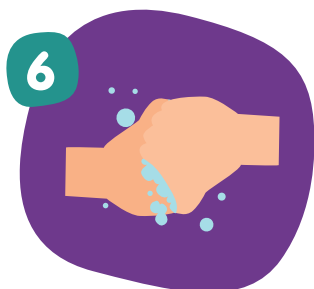
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



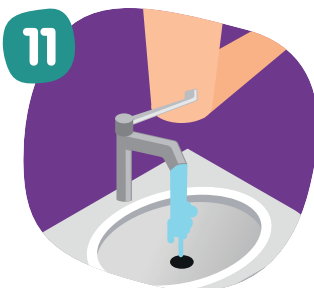
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap  
(if no elbow tap available use paper towel to turn off tap)



Dry thoroughly with a single-use towel



Hand washing should take 40-60 seconds

Safe & compassionate care every time