How to Wash Your Hands

1. Wet hands with water
2. Apply soap
3. Rub hands palm to palm
4. Rub palm over the back of the other hand with interlaced fingers and vice versa
5. Palm to palm with fingers interlaced
6. Back of fingers to opposing palms with fingers interlocked
7. Rotational rubbing of left thumb clasped in right palm and vice versa
8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa
9. Rinse hands under running warm water
10. Dry hands thoroughly with a paper towel or air dryer
11. Use elbow or paper towel to turn off tap
12. Your hands are clean!