HOW TO HANDWASH

Wet hands with water.
Apply enough soap to cover all hand surfaces.
Rub hands palm to palm.
Right palm over left dorsum with interlaced fingers and vice versa.
Palm to palm with fingers interlaced.
Backs of fingers to opposing palms with fingers interlocked.

Rotational rubbing of left thumb clasped in right palm and vice versa.
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
Rinse hands with water.
Dry hands thoroughly.
Use towel to turn off faucet.

HOW TO HAND-RUB

Use the same steps as above with an alcohol-based product, if hands are not visibly soiled.