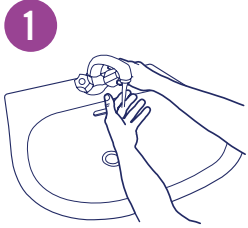
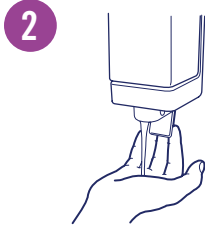


# HOW TO HANDWASH

Handwashing takes 20 seconds — enough time to sing your ABCs!



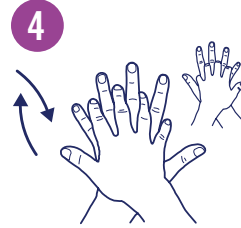
1  
Wet hands  
with water.



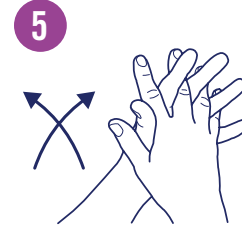
2  
Apply enough  
soap to cover all  
hand surfaces.



3  
Rub hands  
palm to palm.



4  
Right palm over  
left dorsum with  
interlaced fingers  
and vice versa.



5  
Palm to palm with  
fingers interlaced.



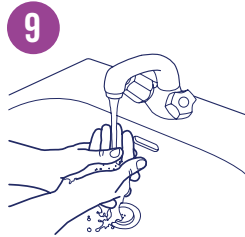
6  
Backs of fingers  
to opposing palms  
with fingers  
interlocked.



7  
Rotational rubbing  
of left thumb  
clasped in right  
palm and vice versa.



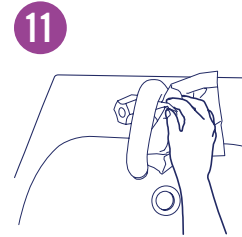
8  
Rotational rubbing,  
backwards and  
forwards with  
clasped fingers of  
right hand in left  
palm and vice versa.



9  
Rinse hands  
with water.



10  
Dry hands  
thoroughly.



11  
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.