



Hand washing steps

FOR COVID-19 PREVENTION

Practice frequent hand washing with soap and water



1 Wet hands with water

2 Apply enough soap to cover all the hand surface



3 Rub hands palm to palm

4 Rub palm to palm with finger interlaced



5 Rub back of both hands

6 Rotate rubbing of right thumb clasped in left palm. Repeat with left thumb



7 Interlock fingers and rub back of the fingers and finger nails against palm

8 Rotationally rub wrists



9 Rinse hands with water

10 Dry hands thoroughly with towel

