

6 STEPS TO WASH HANDS

TO REMOVE BACTERIA AND VIRUSES THAT CAUSE DISEASES



1

Wet your hands with water and apply soap. **Rubbing your hands together**



2

Use one hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.



3

Rub your hands together and clean in between your fingers.



4

Rub the backs of your fingers against the palms of your other hand. Do the same with the other hand.



5

Rub one thumb on the palm of your other hand. Do the same with the other hand.



6

Rub the tips of your fingers on the palm of your other hand. Do the same with other hand. **Rinse your hands with water** to the wrist and dry them.



Note:

- Scrub 5 times for each step. The minimum total time is 30 seconds.
- When soap and water are not available, use an alcohol-based hand sanitizer (at least 60% alcohol).
- People with mobility impairments, who have difficulty following instructions, should try to clean as much of their hands' contact areas as possible.