

How to wash hands

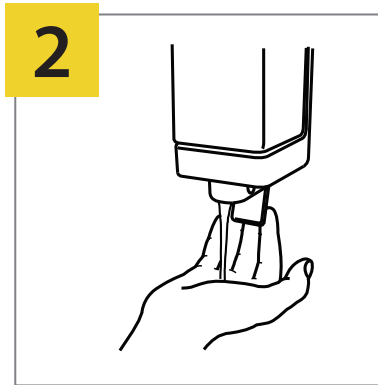
STAYING HEALTHY | 5TH EDITION | 2013



A hand wash should take around 30 seconds.



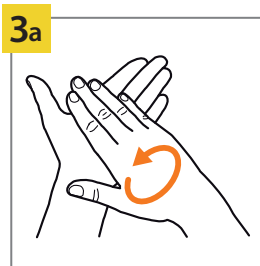
1
Wet hands with running water (preferably warm, for comfort).



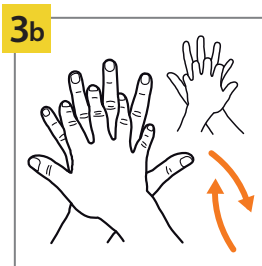
2
Apply soap to hands.



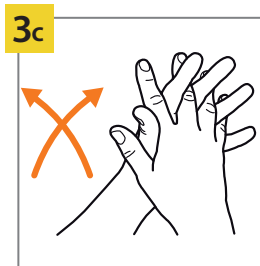
3
Lather soap and rub hands for at least 15 seconds, including:



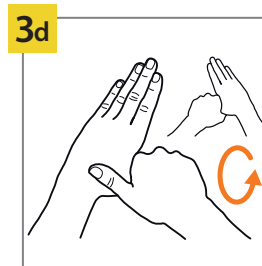
3a
palm to palm,



3b
back of hands,



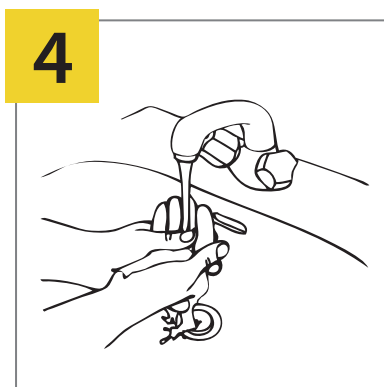
3c
in between fingers and back of fingers,



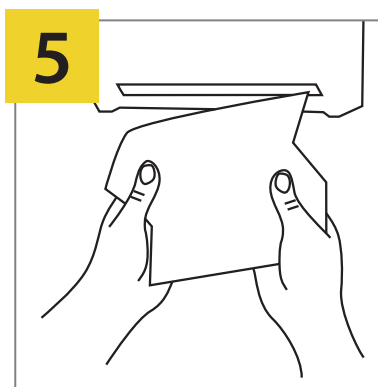
3d
around thumbs and



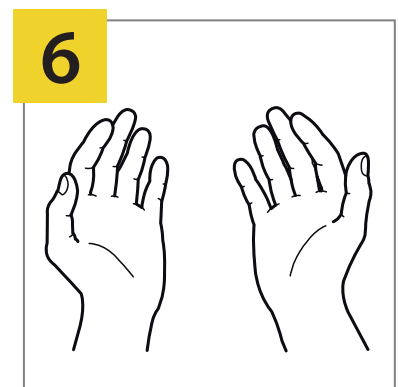
3e
tips of fingers.



4
Rinse hands with water.



5
Dry hands thoroughly.



6
Your hands are clean.

THIS POSTER REFERENCES THE WORLD HEALTH ORGANIZATION'S 'HOW TO HANDWASH?' POSTER NHMRC Ref. CH55g Printed June 2013



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