

Guide to CLEAN HANDS

As recommended by the World Health Organisation



WET HANDS



APPLY SOAP



RUB HANDS PALM TO PALM



LATHER THE BACKS OF
YOUR HANDS



SCRUB BETWEEN
YOUR FINGERS



RUB BACKS OF FINGERS ON
OPPOSING PALMS



CLEAN THUMBS



WASH FINGERNAILS AND
FINGERTIPS



RINSE HANDS



DRY WITH A SINGLE
USE TOWEL



USE THE TOWEL TO
TURN OFF THE FAUCET



HANDS ARE NOW CLEAN

