

Washing your hands properly with soap and water will help prevent germs from spreading.



Scrub your hands with soap for at least **15-20 seconds**. Using water alone does not remove soil and grease which can trap unseen germs and viruses.

Total duration of the entire procedure is **40-60 seconds** using the following steps:



1
Remove all jewellery.
Wet hands with water.



2
Apply soap, covering
all hand surfaces.



3
Rub palms together.



4
Cover all surfaces of the hands
and rub between the fingers.



5
Clean knuckles, back of hands
and fingers.



6
Rub thumbs in a rotating manner,
cleaning between fingers.



7
Clean to fingernails by working
the fingertips into the palms.



8
Rinse well with water.



9
Use a disposable towel to dry hands,
then use towel to turn tap off.