

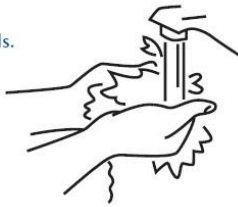
## Effective Hand Washing

# I WASH MY HANDS

### Step by step

**1\***

Wet hands.



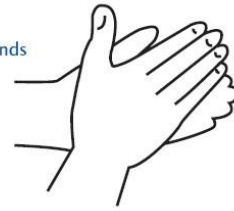
**2**

Add 3 to 5 mL of soap or antiseptic solution.



**3**

Scrub hands palm to palm.



**4**

Scrub right hand's palm on the back of the left hand, and vice versa.



**5**

Scrub palm to palm, interlacing fingers.



**6**

Scrub outer side of the fingers against the palm of the opposite hand.



**7**

Scrub thumbs rotatively.



**8**

Scrub fingertips of each hand in opposite palm.



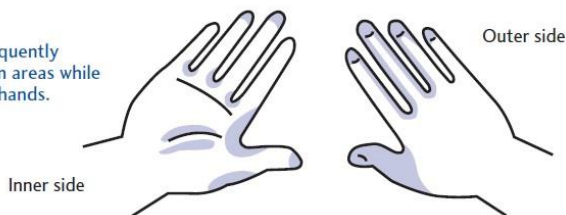
**9\***

Rinse and dry hands using paper towels; turn off water using the paper.



**10**

Most frequently forgotten areas while washing hands.



\* Not necessary if using an antiseptic solution without water.