

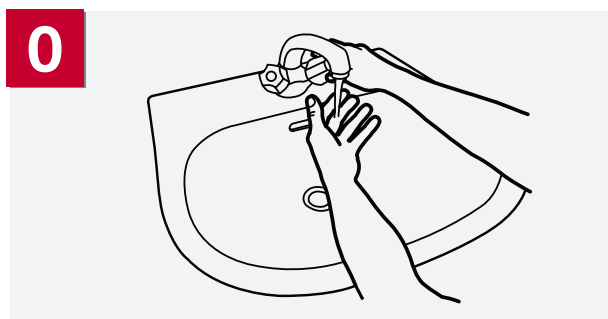
UNITEHERE!

How to Wash Hands

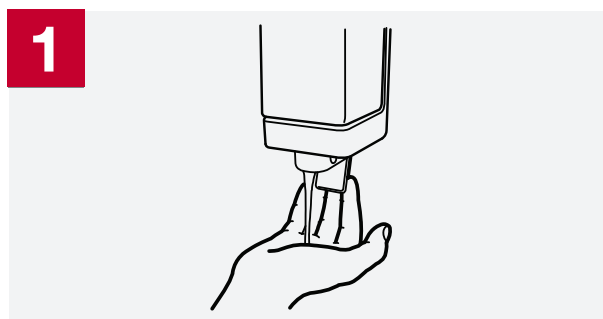
Use a 60% alcohol-based sanitizer if soap and water are not available.¹



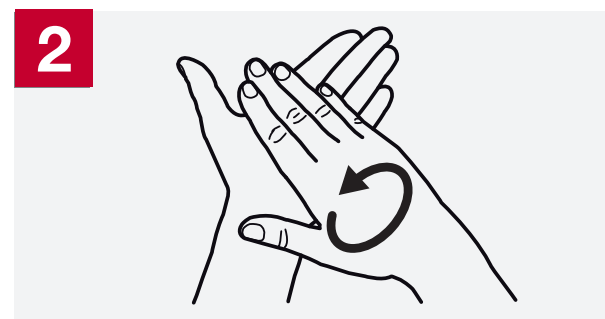
Duration of the entire procedure: **40-60 seconds**



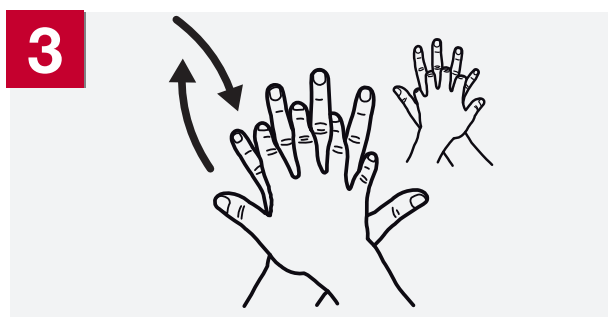
Wet hands with water;



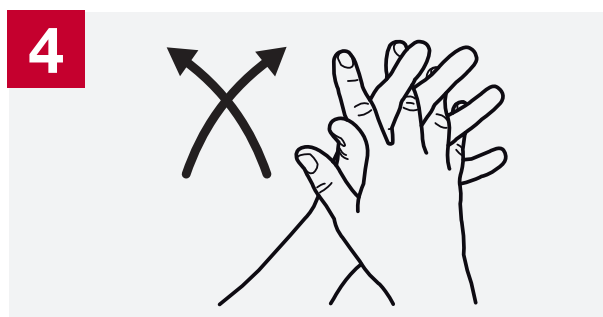
Apply enough soap to cover all hand surfaces;



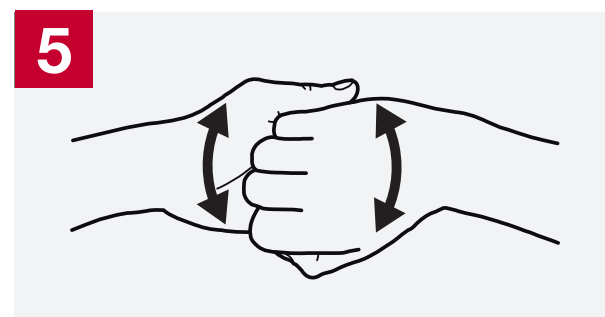
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



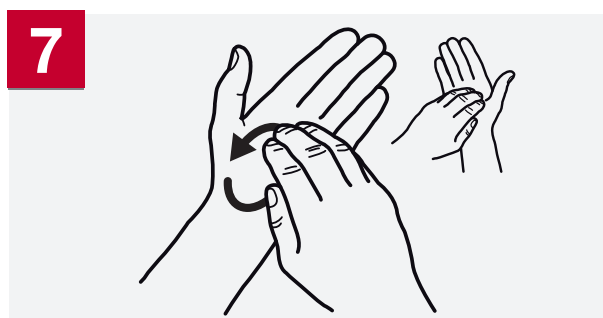
Palm to palm with fingers interlaced;



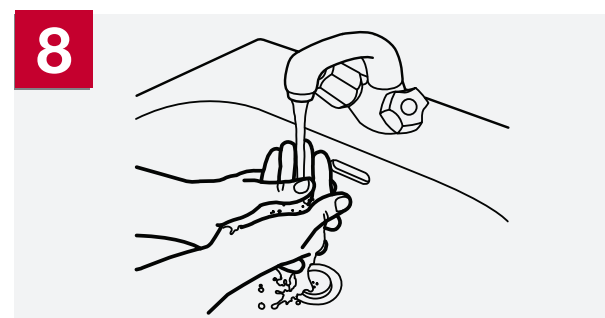
Backs of fingers to opposing palms with fingers interlocked;



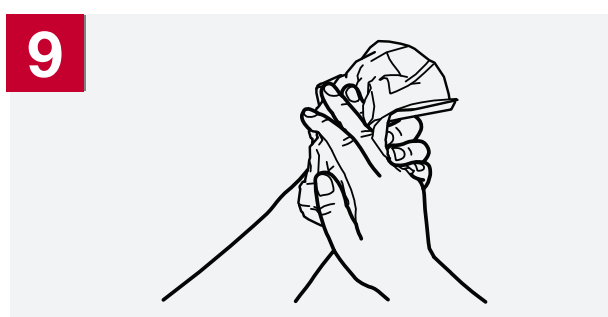
Rotational rubbing of left thumb clasped in right palm and vice versa;



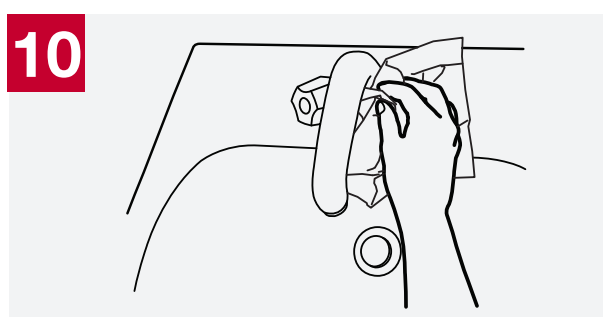
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



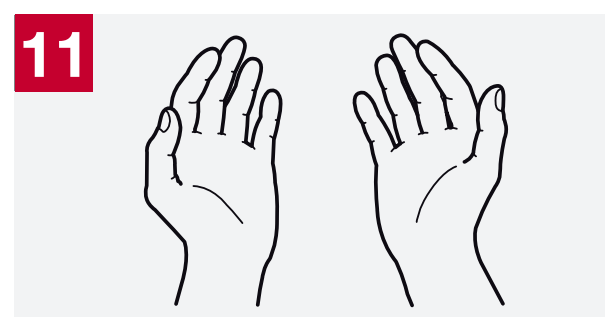
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

Patient Safety

A WORLD ALLIANCE FOR SAFER HEALTH CARE

SAVE LIVES

Clean Your Hands

1. CDC. Coronavirus COVID-19. Prevention-Treatment. <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Sources: World Health Organization; U.S. Centers for Disease Control.