

# > Guide to the perfect hand wash



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



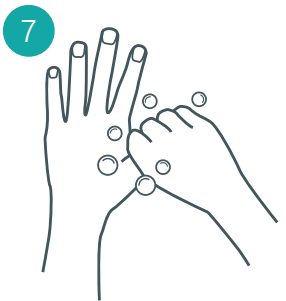
Rub back of each hand with palm of other hand with fingers interlaced



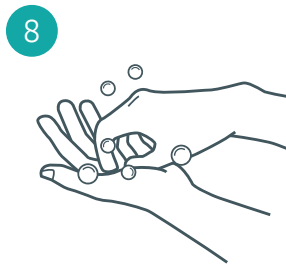
Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



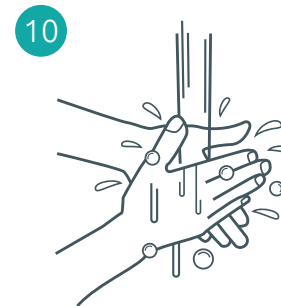
Rub each thumb clasped in opposite hand using rotational movement



Rub fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with clean water



Dry thoroughly using a single-use towel or hand dryer



Steps 1-9 should take at least 20 seconds

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