

Recommended hand washing method

This method takes only 20 seconds but is recommended, as it will help ensure you do not pass on any diseases to your family or friends.

Wet your hands with warm water under a running tap and apply soap (preferably liquid soap from a pump dispenser).

1



Palm to palm

2



Right hand palm over left hand back, and vice versa

3



Palm to palm, fingers interlaced

4



Back of fingers to opposing palms with fingers interlaced

5



Rotational rubbing of right thumb clasped over left palm and vice versa

6



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

It is important to rinse your hands under warm running water to remove all traces of the soap. Finally, dry your hands thoroughly.