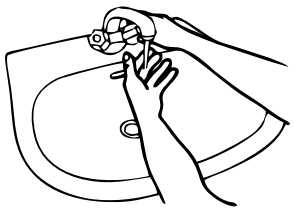
How to wash hands

Wash hands for 20 seconds.

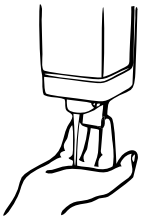
Total procedure should take 40-60 seconds

1



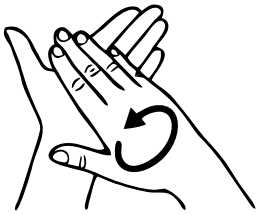
Wet hands with water.

2



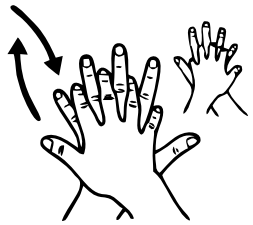
Apply enough soap to cover all hand surfaces.

3



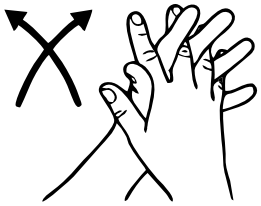
Rub hands palm to palm.

4



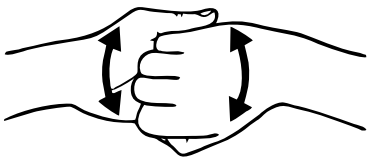
Rub back of hands with palms.

5



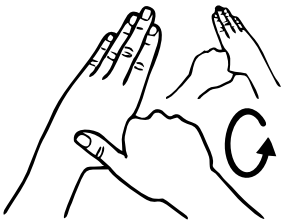
Rub between fingers.

6



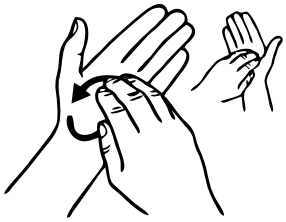
Rub backs of fingers to opposing palms with fingers interlocked.

7



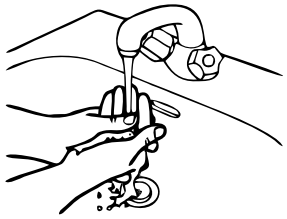
Rub around thumbs with other hand.

8



Scrub palms with fingers.

9

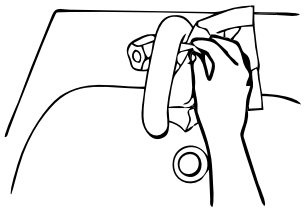


Rinse hands with water.

10

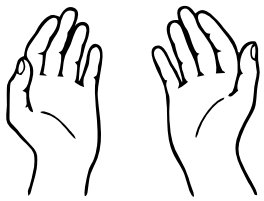
Dry hands thoroughly with a single use towel.

11



Use towel to turn off faucet.

12



Your hands are now clean.

Images and instructions from World Health Organisation.

AGAR™
The Chemistry of Cleaning™

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