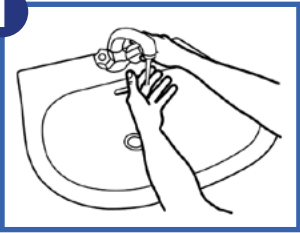
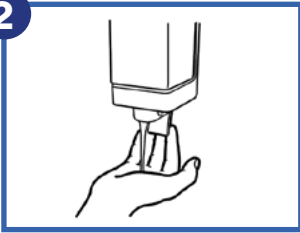


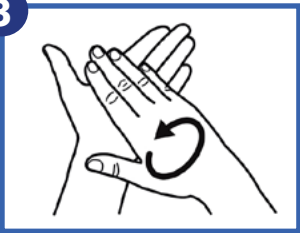
Handwashing

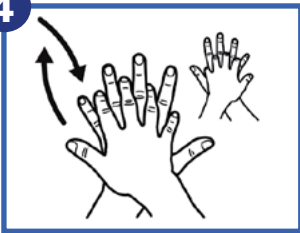
A Step-by-Step Guide

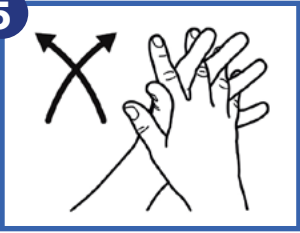
Follow the handwashing steps below to help protect you from getting sick and prevent the spread of germs to others.

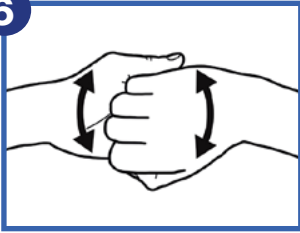
- 

Wet hands with water.
- 

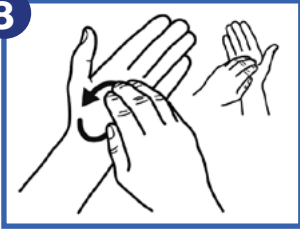
Apply enough soap to cover all hand surfaces.
- 

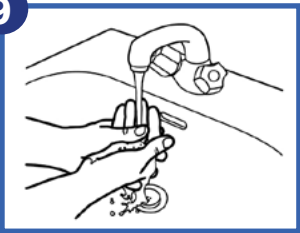
Rub hands palm to palm.
- 

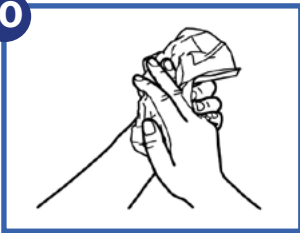
Right palm over top of the left hand with interlaced fingers and vice versa.
- 

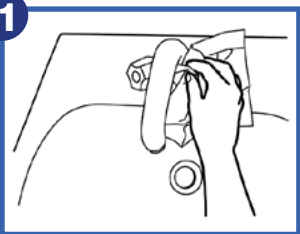
Palm to palm with fingers interlaced.
- 

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.

The entire handwashing process should take approximately **40-60 seconds**.

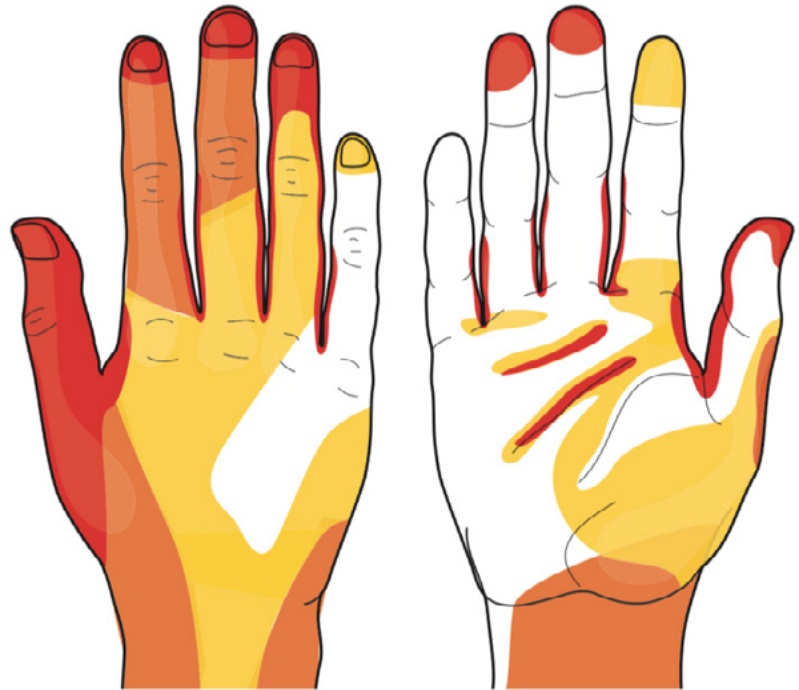
Areas Most Often Missed During Hand Washing

Scrub your hands for at least **20 seconds**, the time it takes to hum the 'Happy Birthday' song from beginning to end twice.

The time it takes is less important than making sure you clean **all areas** of your hands.

These areas are most often missed while washing:

- Thumbs
- Fingertips
- Between fingers
- Under fingernails
- Wrists



ÁREAS QUE SE PASAN
POR ALTO CON MÁS
FRECUENCIA

ÁREAS QUE A
MENUDO SE PASAN
POR ALTO

ÁREAS QUE SE PASAN
POR ALTO CON
MENOS FRECUENCIA

Reference: Taylor, L.J. An Evaluation of handwashing techniques. Nursing Times. January 1978

Additional Resources:

[How to Handwash](http://who.int) (who.int)

[Handwashing in Communities: Clean Hands Save Lives](http://cdc.gov) (CDC.gov)

For more information or to file a grievance, please contact:

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