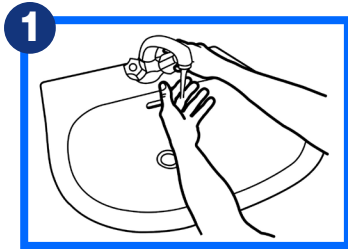
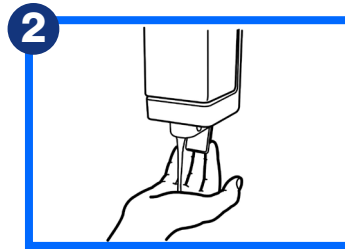


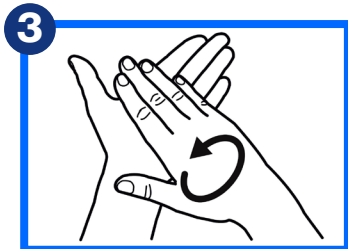
Follow the handwashing steps below to help protect you from getting sick and prevent the spread of germs to others.



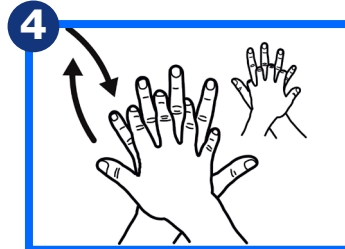
1 Wet hands with water.



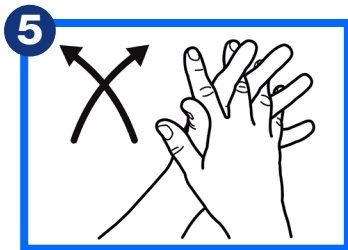
2 Apply enough soap to cover all hand surfaces.



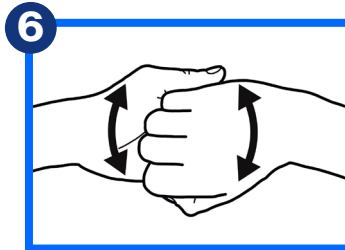
3 Rub hands palm to palm.



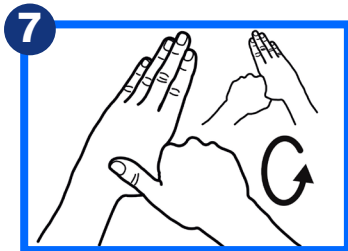
4 Right palm over top of the left hand with interlaced fingers and vice versa.



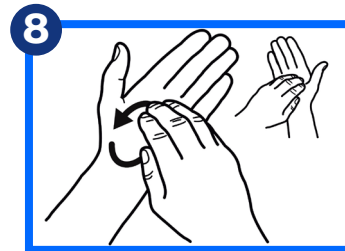
5 Palm to palm with fingers interlaced.



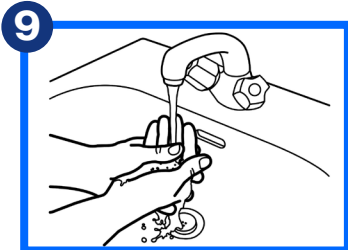
6 Backs of fingers to opposing palms with fingers interlocked.



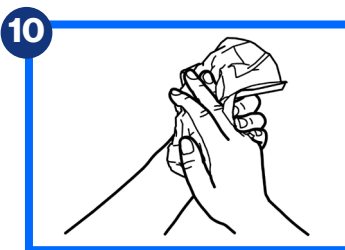
7 Rotational rubbing of left thumb clasped in right palm and vice versa.



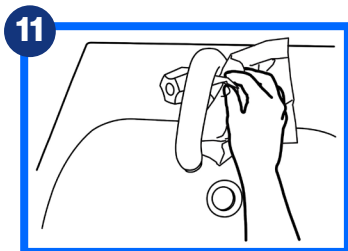
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



9 Rinse hands with water.



10 Dry hands thoroughly with a single use towel.



11 Use towel to turn off faucet.

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

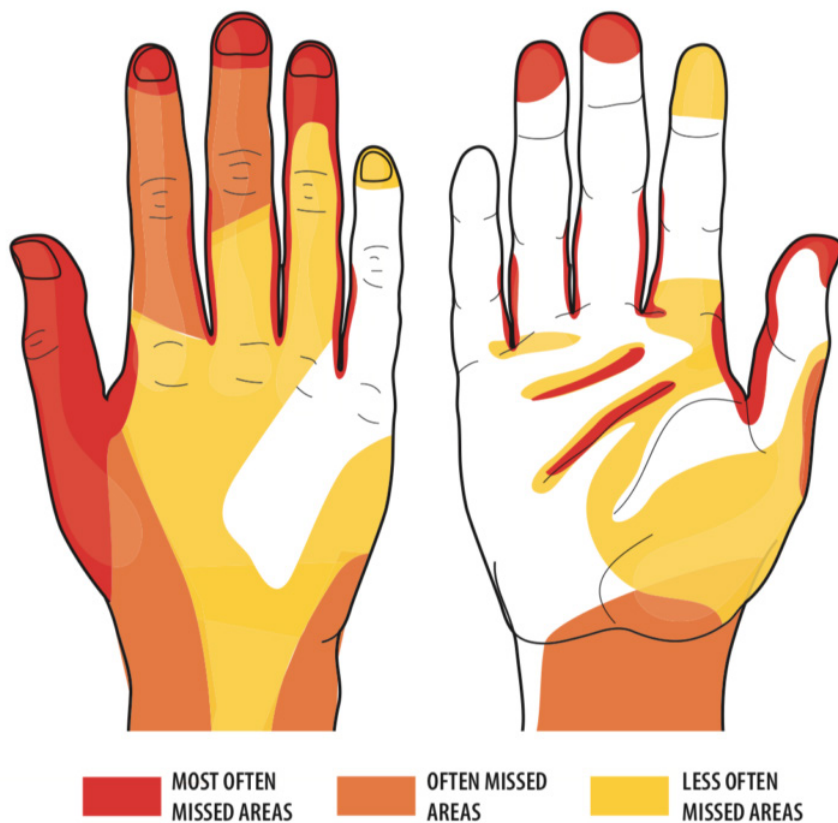
Areas Most Often Missed During Hand Washing

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



Reference: Taylor, L.I. 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)