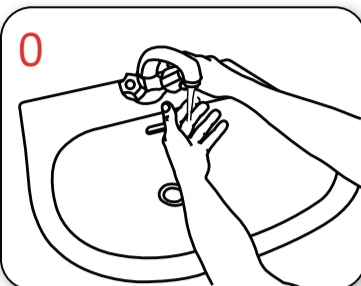




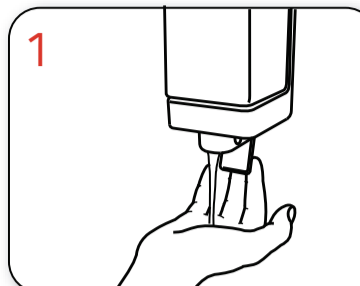
How do I wash my hands with soap and water?

0



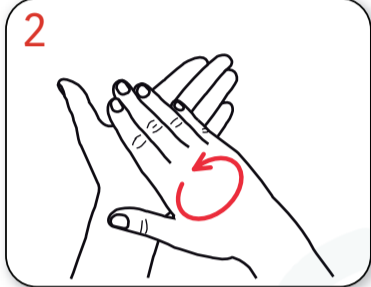
Make the hands wet with water

1



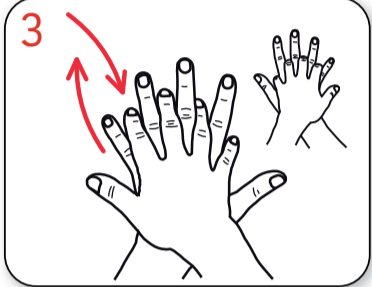
Take enough soap for both hands and wrists

2



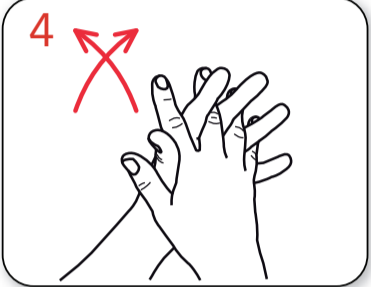
Rub the palms together

3



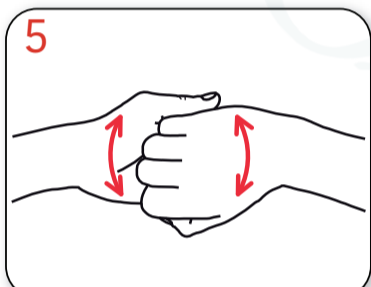
Rub the palm over the back of the hand with fingers together

4




Rub the palms and fingers together

5



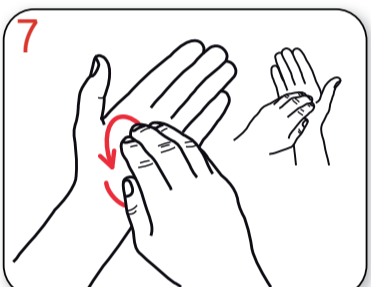
Rub the back of the fingers into the palms

6



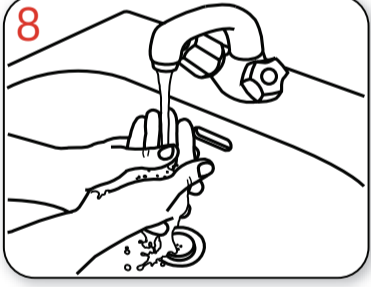
Rub the thumb and wrist in the palm

7




Make a twisting rubbing motion with the fingertips in the palm

8



Rinse hands and wrists with running water

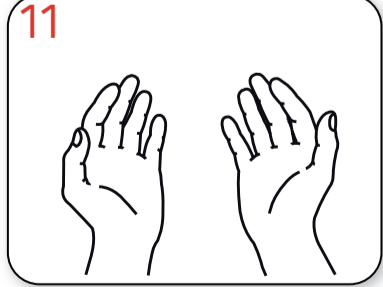
9



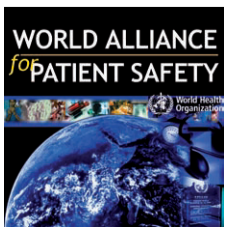
Dry the hands thoroughly with a disposable paper towel



11



... and the hands are clean



WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

