

# How to: Handwash

▶ **Duration of the entire procedure: 40-60 seconds.**  
**Steps 3 - 8 should be for a minimum of 30 seconds.**



Wet your hands, add soap, work to a lather.



Rub hands palm to palm.



Rub back of each hand with the palm of the other hand with fingers interlaced.



Rub palm to palm with fingers interlaced.



Rub with backs of fingers to opposing palms with fingers interlocked.



Rub each thumb clasped in opposite hand using rotational movement.



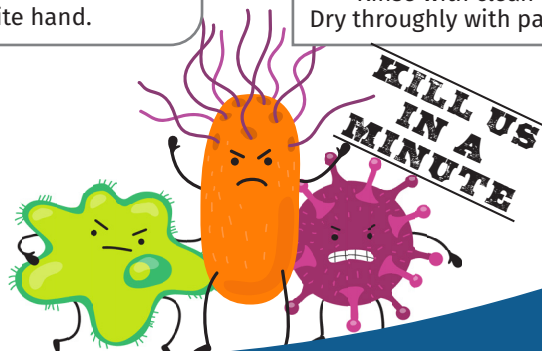
Rub tips of fingers in opposite palm in a circular motion.



Rub each wrist with opposite hand.



Rinse with clean water. Dry thoroughly with paper towel.



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