Washing your hands properly with soap and water will help prevent germs from spreading.

Scrub your hands with soap for at least 15-20 seconds. Using water alone does not remove soil and grease which can trap unseen germs and viruses.

Total duration of the entire procedure is 40-60 seconds using the following steps:

1. Remove all jewellery.
   Wet hands with water

2. Apply soap, covering all hand surfaces

3. Rub palms together

4. Cover all surfaces of the hands and rub between the fingers

5. Clean knuckles, back of hands and fingers

6. Rub thumbs in a rotating manner and clean between index finger and thumb

7. Clean the fingernails by working the fingertips into the palms

8. Rinse well with water

9. Dry your hands with a disposable towel and then use the towel to turn off the tap

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Handwashing Steps Poster – ENGLISH