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How to wash your hands?

Hand washing is one of the single most important actions in preventing and controlling infection. For the most effective results, you should follow this **12-step process**.

1

STEP 1

Wet your hands under running warm water.

2

STEP 2

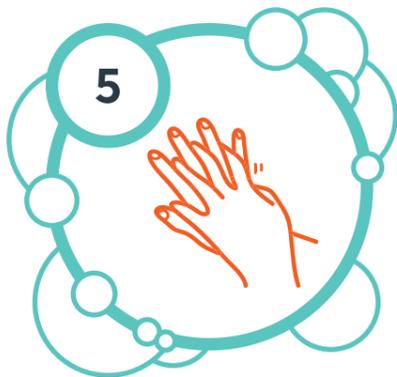Apply liquid soap.

3

STEP 3

Rub your hands together palm to palm.

4

STEP 4

Rub your hands together with fingers interlaced.

5

STEP 5

Wash the back of your hands and around your wrists.

6

STEP 6

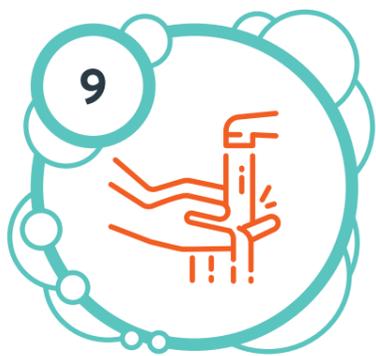Rub each thumb with the opposite hand.

7

STEP 7

Scrub hands with interlocked fingers and palms facing.

8

STEP 8

Scrub each palm with the opposite fingers.

9

STEP 9

Rinse your hands thoroughly.

10

STEP 10

Turn the taps off using your elbows.

11

STEP 11

Dry your hands with paper towels.

12

STEP 12

Place all paper towels in a bin.

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