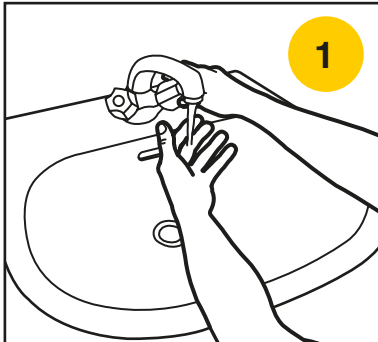
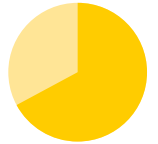


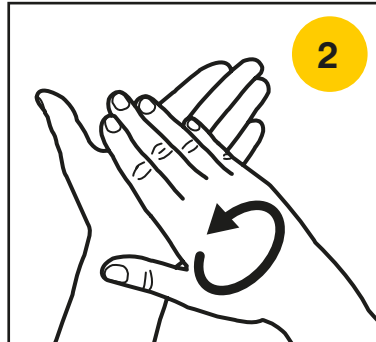
# Safe handwashing technique

with soap and water

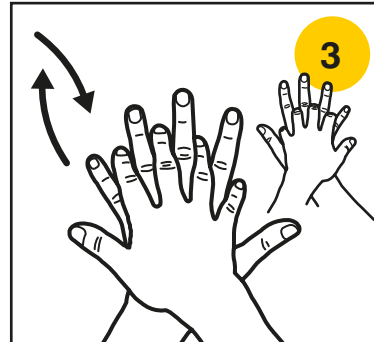
Duration:  
**40-60 seconds**



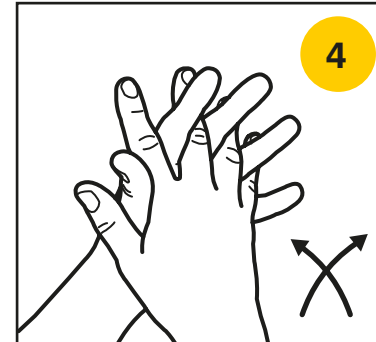
Wet hands with water and apply soap to cover hand surfaces



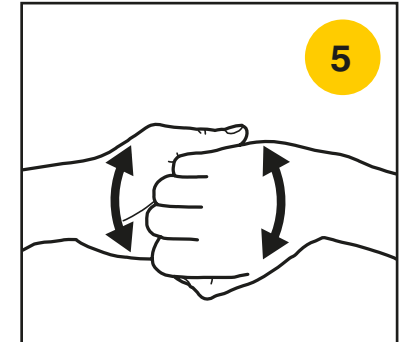
Rub hands, palm to palm



Rub back of each hand with opposite palm



Rub palm to palm with fingers interlaced



Rub backs of fingers to opposing palms with fingers interlocked



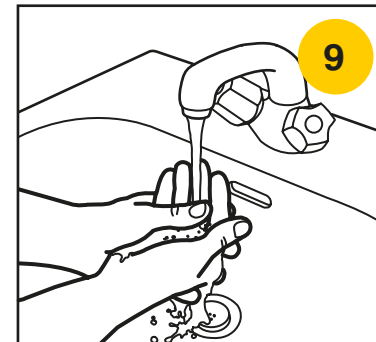
Rub each thumb clasped in opposite hand using a rotational movement



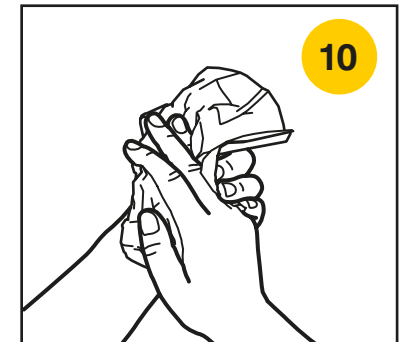
Rub tips of fingers in opposite palm



Rub each wrist with opposite hand



Rinse hands with water



Dry hands thoroughly with a single-use towel