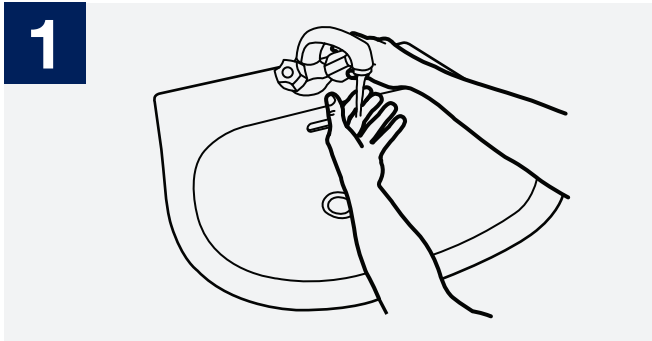
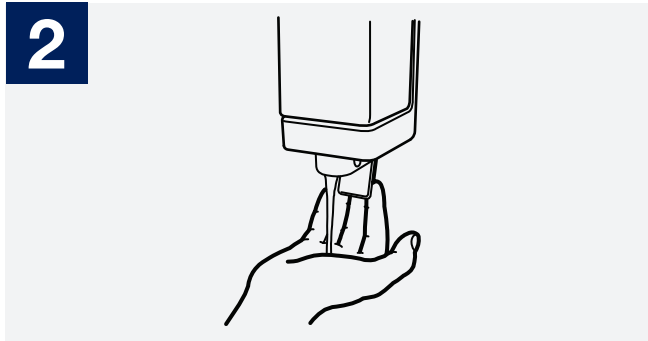


# How to wash your hands with soap

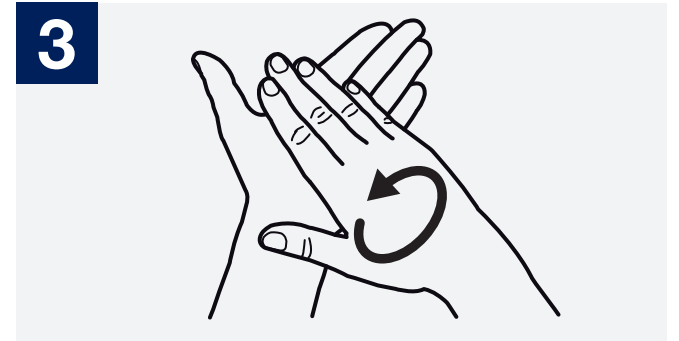
 Duration of the entire procedure: 40-60 seconds



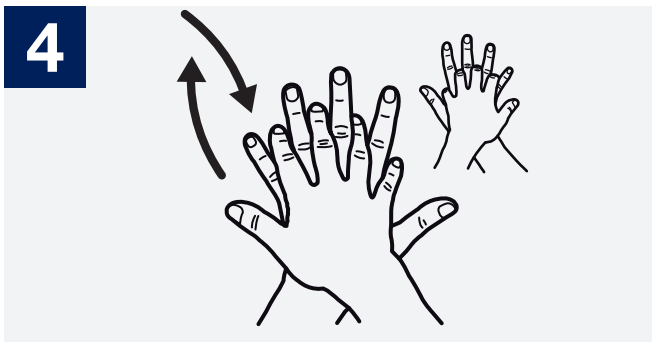
1 Wet hands with water;



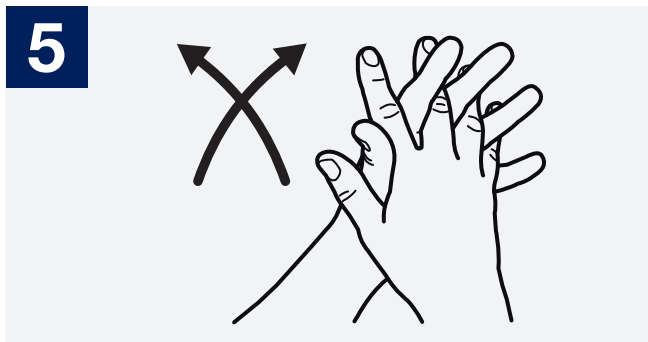
2 Apply enough soap to cover all hand surfaces;



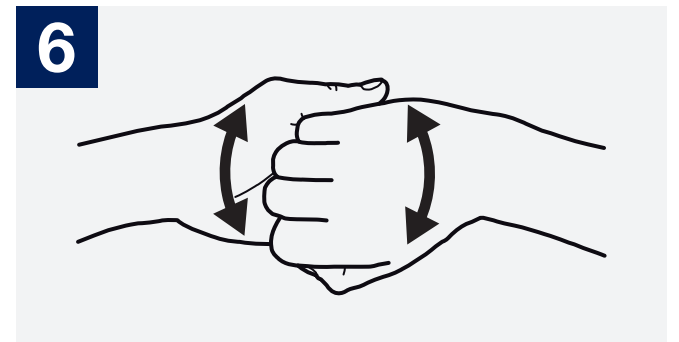
3 Rub hands palm to palm;



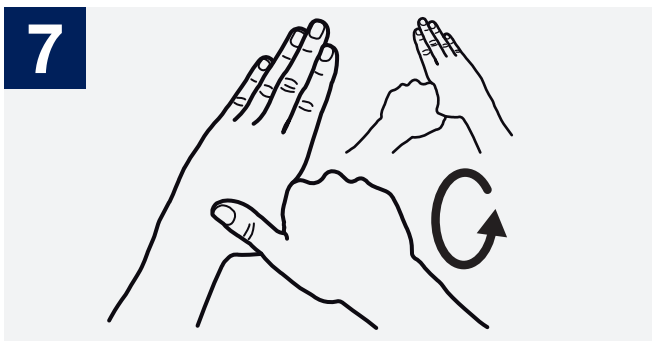
4 Right palm over left dorsum with interlaced fingers and vice versa;



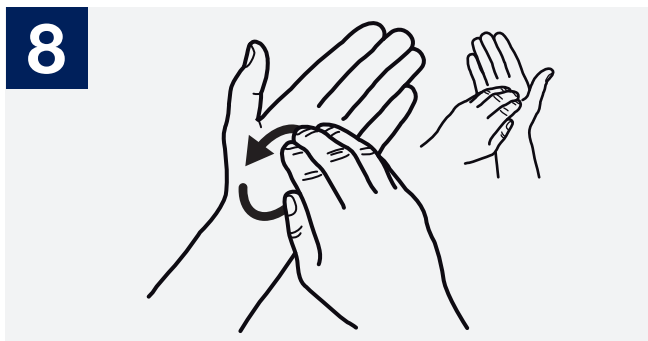
5 Palm to palm with fingers interlaced;



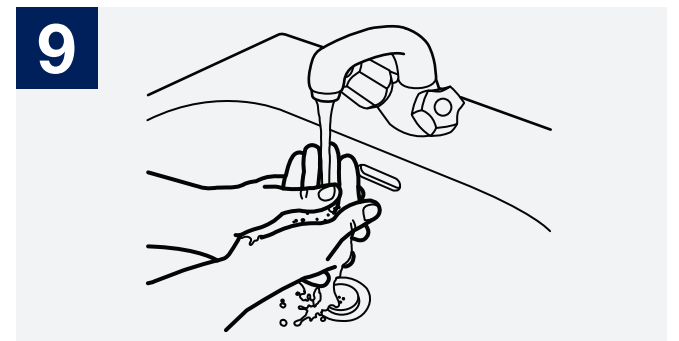
6 Backs of fingers to opposing palms with fingers interlocked;



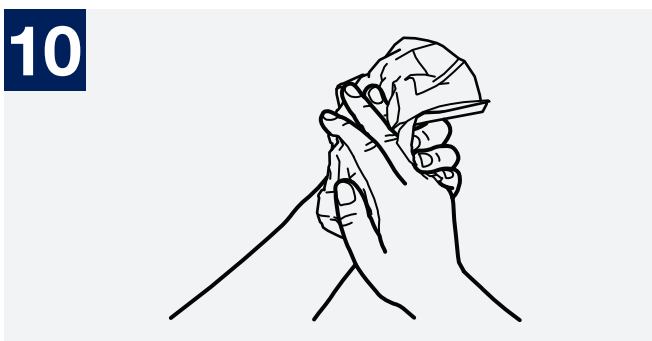
7 Rotational rubbing of left thumb clasped in right palm and vice versa;



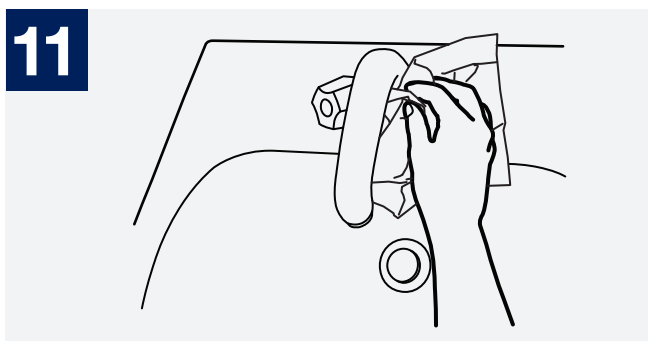
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



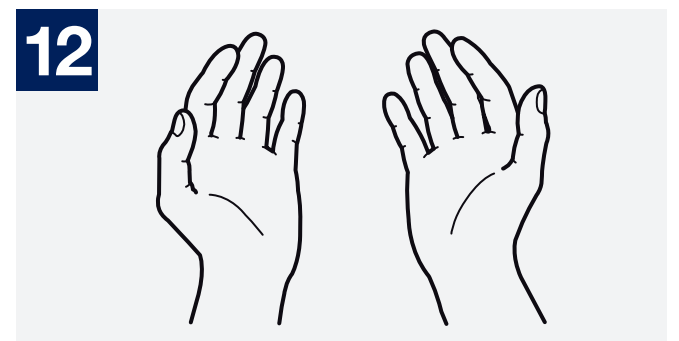
9 Rinse hands with water;



10 Dry hands thoroughly with a single use towel;



11 Use towel to turn off tap;



12 Your hands are now safe.