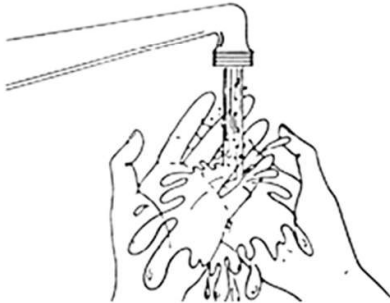


# Washing your hands properly with soap and water will help prevent germs from spreading.

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



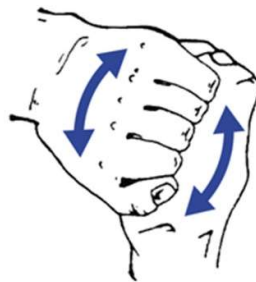
- 2** Apply soap, covering all hand surfaces



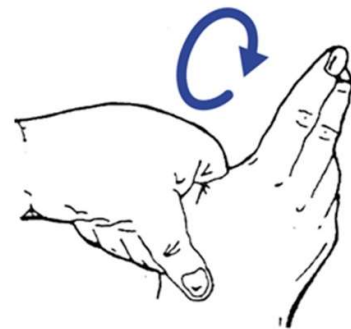
- 3** Rub palms together



- 4** Cover all surfaces of the hands and rub between the fingers



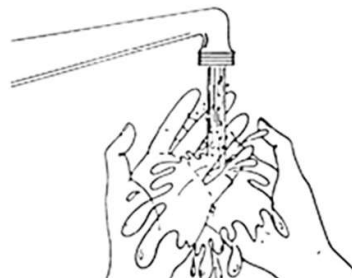
- 5** Clean knuckles, back of hands and fingers



- 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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Images adapted from WHO Handwashing steps.

