

Hand Washing Procedure

Thorough hand washing takes at least 20 seconds.

1



Wash with water and soap, ensure the back and front hand surface is covered

5



Make sure to reach the back of your hands

2



Lather palms together

6



Lather wrists and rotate

3



Lather between fingers

7



Rinse hands under running water

4



Focus on both front and back of thumbs

8



Dry hands thoroughly

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ON TOP OF**

COVID

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