

# Hand Washing Procedure

*Proper 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



Rub soapy palms together

6



Rub soap on all sides of wrist

3



Clean with soap between fingers

7



Rinse hands under running water

4



Focus on both front and back of thumbs

8



Dry hands completely

**KEEP  
ON TOP OF**

**COVID**

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