

# Hand washing procedure

KEEP IT

COVID  
safe

Proper hand washing takes at least 20 seconds

1

Wet your hands with warm water and apply soap



2

Rub soapy palms together



3

Clean between your fingers



4

Clean the front and back of your thumbs



5

Clean the back of your hands and fingers



6

Clean both your wrists



7

Rinse your hands under running water



8

Dry your hands completely

