

# How to hand wash?



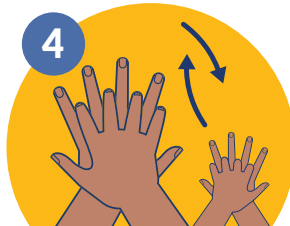
1 Wet hands with warm (not hot or cold) running water



2 Apply enough soap to cover all hand surfaces



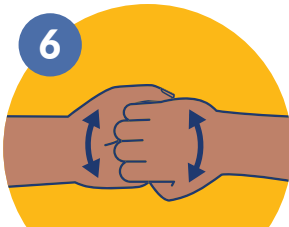
3 Rub hands palm to palm



4 Rub back of the hands



5 Rub between fingers



6 Rub back of fingers in each palm



7 Rub each thumb



8 Rub finger nails in each palm



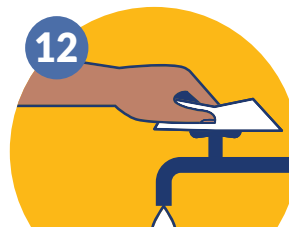
9 Rub wrists



10 Rinse hands with water



11 Gently pat hands dry with paper towel



12 Use towel to turn off faucet



13 Your hands are now safe

## Use soap and water if hands are visibly soiled

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Ministry of Health

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PROVINCIAL INFECTION CONTROL NETWORK OF BRITISH COLUMBIA  
A program of the Provincial Health Services Authority

Adapted from the World Health Organization hand hygiene posters by the Provincial Hand Hygiene Working Group

