How to Wash Your Hands



NHS Foundation Trust

Each Step Consists of 5 Forward and 5 Backward Strokes



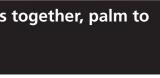


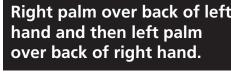






palm.







Backs of fingers to opposing palms with fingers interlocked.



Hold right thumb in left hand and rub. Repeat with left thumb in right hand.



Rub clasped fingers of right hand in left palm and vice versa.



Rinse, and dry hands thoroughly, ideally using a paper towel.