

Wash your hands



Lather hands with soap and water and rub hands palm to palm



Right palm over back of left hand with interlaced fingers and vice versa



Palm to palm with fingers interlaced



Backs of fingers to opposing palm with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water



Dry hands on a single use towel and your hands are safe