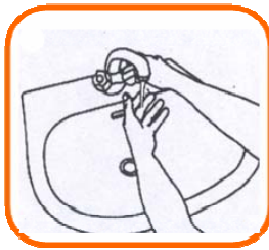
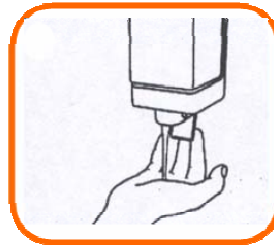


How to Handwash

A proper handwash takes at least **40 to 60** seconds



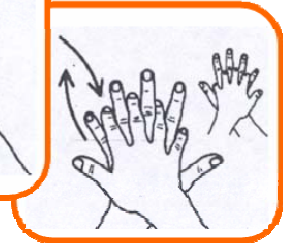
1 Wet hands with warm water



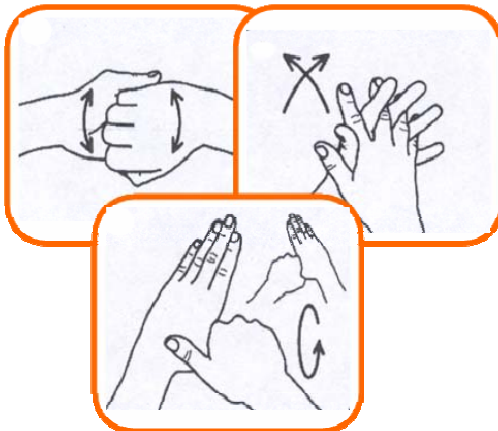
2 Apply soap and lather thoroughly



3 Rub palms together



Rub back of hands and wrists



4 Rub fingers and thumbs



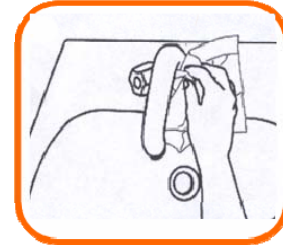
5 Scrub finger tips on palms of the opposite hand



6 Rinse under running water



7 Pat hands dry with paper towel



8 Turn off tap with paper towel