

STOP THE SPREAD WASH YOUR HANDS



Proper Handwashing is Essential

Watch the hand washing steps using the WHO Technique

[HANDWASHING VIDEO BY Johns Hopkins Medicine](#)

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

0 Wet hands with water;	1 Apply enough soap to cover all hand surfaces;	2 Rub hands palm to palm;
3 Right palm over left dorsum with interlaced fingers and vice versa;	4 Palm to palm with fingers interlaced;	5 Backs of fingers to opposing palms with fingers interlocked;
6 Rotational rubbing of left thumb clasped in right palm and vice versa;	7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;	8 Rinse hands with water;
9 Dry hands thoroughly with a single use towel;	10 Use towel to turn off faucet;	11 Your hands are now safe.

Wash your hands every hour with soap and water.

If soap and water is not available, use a 60% alcohol-based hand sanitizer.



Share with your families

<https://www.SmithersConnect.com> or <https://www.UK.SmithersConnect.com>