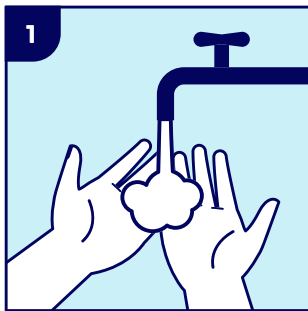


# How to Wash Hands

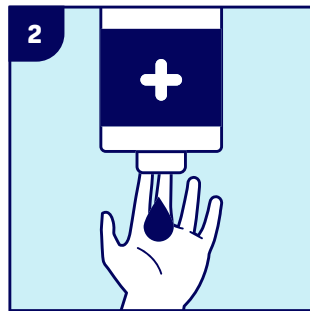
WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HAND SANITIZER.



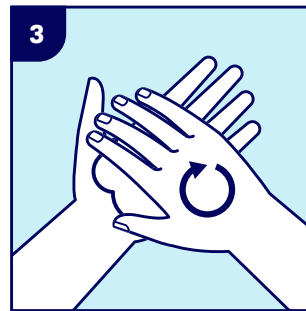
Duration of the entire procedure: 40–60 seconds



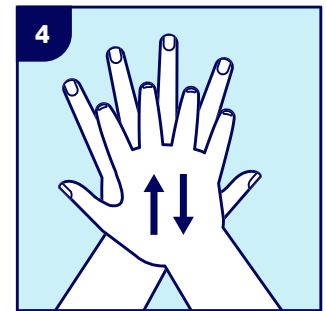
1 Wet hands with water.



2 Apply enough soap to cover all hand surfaces.



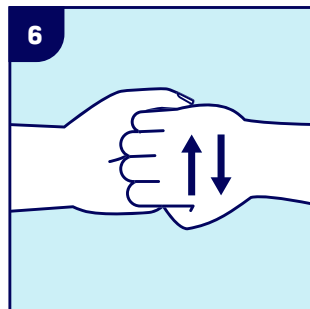
3 Rub hands palm to palm;



4 Right palm over left dorsum with interlaced fingers and vice versa;



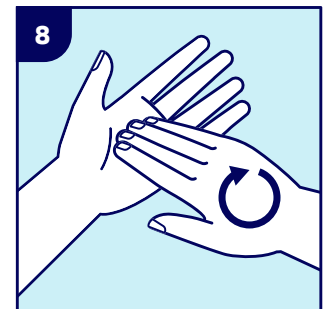
5 Palm to palm with fingers interlaced;



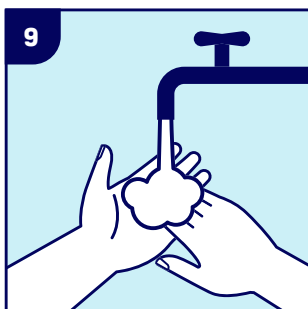
6 Backs of fingers to opposing palms with fingers interlocked;



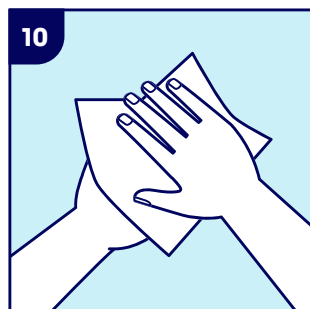
7 Rotational rubbing of left thumb clasped in right palm and vice versa;



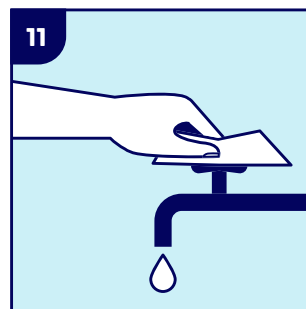
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



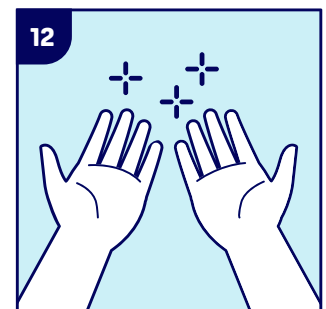
9 Rinse hands with water.



10 Dry hands thoroughly with a single-use towel.



11 Use towel to turn off faucet.



12 Your hands are now safe.



DOH 420-428 July 2022

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

*This is an adaptation of an original work "How to Handwash? United States: World Health Organization (WHO); 2009. License: CC BY-NC-SA 3.0 IGO". This adaptation was not created by WHO. WHO is not responsible for the content or accuracy of this adaptation. The original edition shall be the binding and authentic edition".*