

Follow these steps to make sure your hands are washed properly.



USE SOAP



PALM TO PALM



BACK OF HANDS



FINGERS INTERLACED



BASE OF THUMBS



FINGERNAILS



WRISTS



RINSE HANDS



DRY HANDS

1: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>, last accessed September 2021.