

# How to wash your hands?

External Service for Prevention and Protection



Wet hands with water



Apply enough soap



Rub hands palm to palm



Right palm over left dorsum with interlaced fingers and vice versa



Palm to palm with fingers interlaced



Rub the backs of fingers on the opposing palms



Rotational rubbing of thumb clasped in your palm



Rotational rubbing, backwards and forwards with clasped fingers in your palm



Rinse hands with water



Dry thoroughly with a single use towel



Use the towel to turn off the faucet



... and your hands are safe