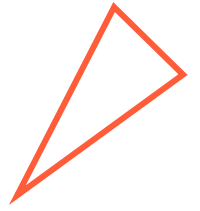


# How Clean is Clean?

A step-by-step guide to washing hands effectively



Steps 3-8 should take at least 15 seconds.

<p><b>1</b></p> <p>Wet hands with water.</p>	<p><b>2</b></p> <p>Apply enough soap to cover all hand surfaces.</p>	<p><b>3</b></p> <p>Rub hands palm to palm.</p>
<p><b>4</b></p> <p>Right palm over the back of the other hand with interlaced fingers and vice versa.</p>	<p><b>5</b></p> <p>Palm to palm with fingers interlaced.</p>	<p><b>6</b></p> <p>Backs of fingers to opposing palms with fingers interlocked.</p>
<p><b>7</b></p> <p>Rotational rubbing of left thumb clasped in right palm and vice versa.</p>	<p><b>8</b></p> <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.</p>	<p><b>9</b></p> <p>Rinse hands with water.</p>
<p><b>10</b></p> <p>Dry thoroughly with towel.</p>	<p><b>11</b></p> <p>Use elbow to turn off tap.</p>	<p><b>12</b></p> <p>Steps 3-8 should take at least 15 seconds. ...and your hands are safe*.</p>

\*Any skin complaints should be referred to local occupational health or GP.

Image taken from NHS COVID -19: Infection Prevention & Control in Primary Care presentation.

