

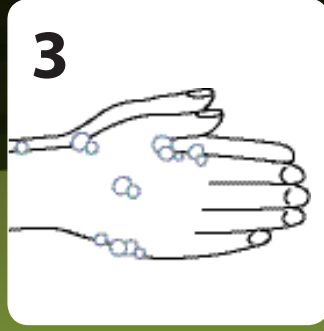
# How to Hand Wash



**1**  
Wet hands under warm running water



**2**  
Apply soap and distribute over hands



**3**  
Rub hands together to create a good lather:  
Palm to palm



**4**  
Rub fingertips of each hand in opposite palm

**Lather and rub hands for a total of 15 seconds**



**5**  
Rub between and around fingers



**6**  
Rub each thumb clasped in opposite hand



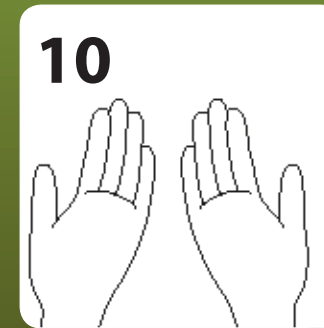
**7**  
Rub back of each hand with opposite palm



**8**  
Rinse hands thoroughly under warm running water, pat hands dry with a paper towel



**9**  
Turn off faucet using a paper towel



**10**  
Your hands are now clean

**Infection Prevention  
+ Control Program**

Adapted from the Winnipeg Regional Health Authority

**Remember to practice:**

