

Hand Washing Procedure

Thorough hand washing takes at least 20 seconds.

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1 Wash with water and soap, ensure the back and front hand surface is covered
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2 Lather palms together
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3 Lather between fingers
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4 Focus on both front and back of thumbs
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5 Make sure to reach the back of your hands
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6 Lather wrists and rotate
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7 Rinse hands under running water
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8 Dry hands thoroughly