

# Handwashing with Soap

The *correct* procedure.

To make sure your hands are really clean follow the same routine every time you wash.

Help remove bacteria and dirt from your hands. Wash with soap and water even if you have been wearing gloves.



**Step 1**  
Wet hands under running water.



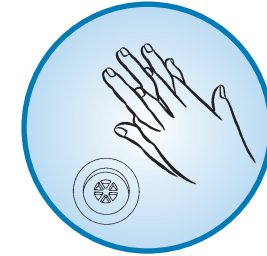
**Step 2**  
Add soap.



**Step 3**  
Rub palms together vigorously to create lather.



**Step 4**  
Rub the backs of hands vigorously with palms.



**Step 5**  
Wash between fingers.



**Step 6**  
Group fingers together, rub tips in lather on palm of opposite hand.



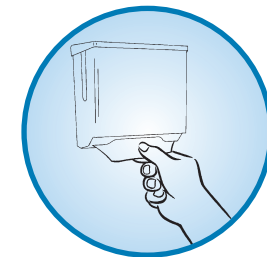
**Step 7**  
Rub thumbs and wrists.



**Step 8**  
Rub backs of fingers against opposite palm.



**Step 9**  
Rinse hands thoroughly under running water to remove all soap.



**Step 10**  
Dry hands thoroughly. Use skin conditioner if it is available.

