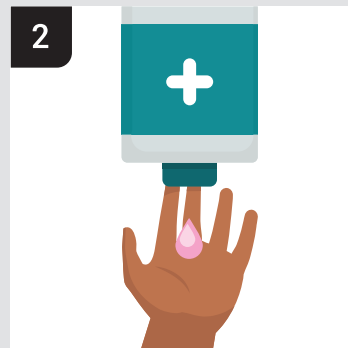


# HOW TO HANDWASH

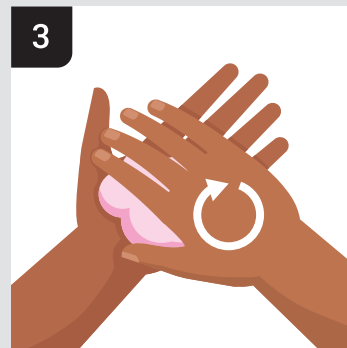
Duration of the entire procedure: **40 to 60 seconds**



1  
Wet hands with water



2  
Apply enough soap to cover all hand surfaces



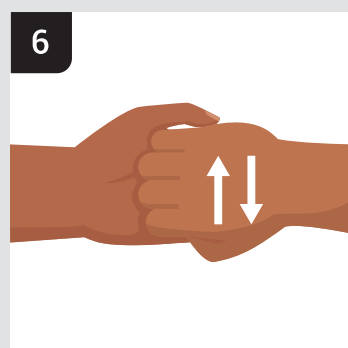
3  
Rub hands palm to palm



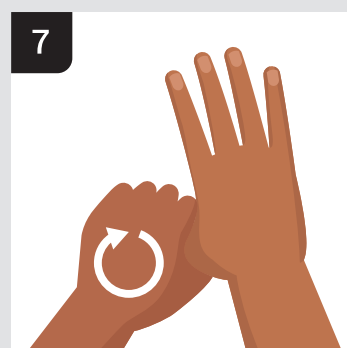
4  
Right palm over left dorsum with interlaced fingers and vice versa



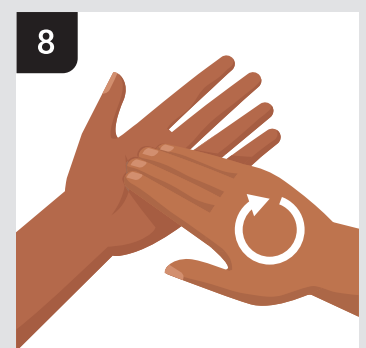
5  
Palm to palm with fingers interlaced



6  
Backs of fingers to opposing palms with fingers interlocked



7  
Rotational rubbing of left thumb clasped in right palm and vice versa



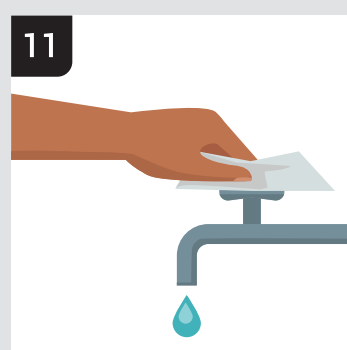
8  
Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa



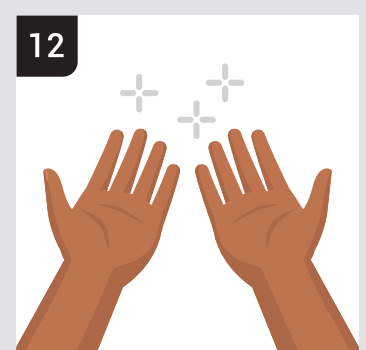
9  
Rinse hands with water



10  
Dry hands thoroughly with a single use towel



11  
Use towel to turn off faucet



12  
Your hands are now safe

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**Nebraska**  
Omaha

