



# Washing Hands

## How to wash hands correctly?

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### STEP ①

Wet your hands with running water.

### STEP ②

Apply some liquid hand soap (or soap) and distribute it evenly on the whole palms, the back of hands and fingers.

### STEP ③

Keep washing your hands for at least 15 seconds. Specifically:

- 1) Keep palms facing each other and rub your hands together.
- 2) Use one hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
- 3) Rub your hands together and clean in between your fingers.
- 4) Rub the back of your fingers against your palms.
- 5) Rub the thumb of the left hand with the right hand. Do the same with the other thumb.
- 6) Rub the tips of your fingers on the palm of the other hand. Do the same with the other hand.

### STEP ④

Rinse your hands thoroughly with running water.

### STEP ⑤

Dry your hands and apply some hand lotion.

## When to wash hands?

②

You should wash your hands:

- After coughing or sneezing,
- After touching public items, such as door handle,
- Before, during and after preparing food,
- Before having meals,
- After using the toilet,
- After nursing patients,
- After touching animals and handling their feces,
- After leaving elevator, restaurant, etc.

**Tips:**  
Keep hands  
away from  
your mouth,  
eyes and nose.