

# BEST PRACTICE HAND WASHING TECHNIQUE



1. Soap palms, rub together for a minimum of 20 seconds.



2. Rub back of each hand with the other palm.



3. Interlace fingers and rub together.



4. Curl the backs of the fingers into one palm then the other.



5. Hold thumb and rotate, repeat with both hands.



6. Hold fingers and rotate, repeat with both hands.

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