

Wash Your Hands Like a Pro

Reduce the spread of infection to your colleagues and family

Time taken: 30-45 seconds (Sing two choruses of happy birthday)

Time saved: Fewer sick colleagues, less sick leave and fewer cancelled meetings

1

Run your hands under the tap and take a generous amount of soap. This should be enough for both hands.



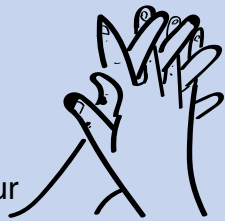
2

Rub your palms together.



3

Palms together, interlock your fingers and rub. You want to clean between your fingers.



4

Place one hand over the other and rub. Interlock your fingers and clean from this direction as well. Switch hands.



5

Bend your fingers and rub the inside of your fingertips against one another.



6

Don't forget your thumbs! Grip your thumb and rotate your hand. Switch.



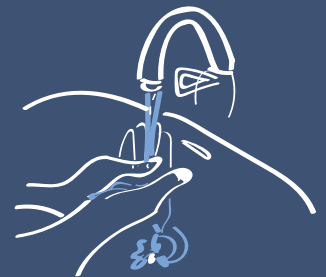
7

Clean under your nails? Bend your fingers and draw your fingertips across the palm of your other hand. Switch.



8

Rinse your hands thoroughly.



9

Dry your hands thoroughly using a paper towel. Or let them dry naturally.



10

Useful tips! Use the paper towel when turning off the tap and unlocking the door. Open the door with your elbow. You will then avoid new bacteria.

