

# GOOD HAND WASHING PROCEDURE



Wet hands with clean, warm running water & soap well



Rub palm to palm



Rub palm to palm with fingers interlaced



Massage between fingers, left palm over back of right hand & right palm over back of left hand



Interlock fingers (keep fingers pressed to opposing hands) & rotate back & forth



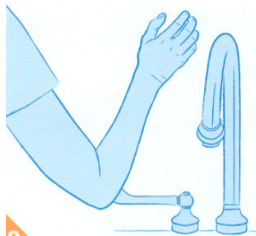
Rub each thumb rotationally (left thumb clasped in right palm & right thumb clasped in left palm)



Rub with a rotating motion, backwards & forwards, with clasped fingers of left hand in right palm & clasped fingers of right hand in left palm



Rinse well



Close the water tap with your elbow or use paper towel or cloth to close ordinary tap



Dry hands well with a disposable paper towel or clean cloth

## WHEN SHOULD YOU WASH OR CLEAN HANDS?

- Before & after eating
- After using the toilet
- Before preparing baby feeds
- Before breastfeeding
- After changing baby's nappies