

# Hand washing – hand hygiene

Repeat each step of the hand washing procedure at least five times



**1** Rub hands palm to palm



**2** Rub right palm over left dorsum and vice versa



**3** Rub thoroughly between all fingers



**4** Rub fingertips and fingernails of both hands together thoroughly



**5** Rub thumb of each hand thoroughly



**6** Rub each palm thoroughly