

Practical Guide to housekeeping

Cleaning hands in **12** easy steps



Follow the Leader!

Washing your hands properly is essential to preventing the spread of germs and disease. Here are the steps to follow to wash your hands properly:



1 Wet your hands: Turn on the faucet and wet your hands under running water. Use lukewarm water or a temperature comfortable for you.



2 Apply soap: Take a sufficient amount of liquid or foam soap in your hands. Soap is essential for killing germs.

3 Rub palms together: Rub the palms of your hands together to create a soapy lather.

8 Clean fingertips: Rub the tips of your fingers against the palm of your other hand using a rotating motion.

4 Rub the backs of the hands Place the back of one hand in the palm of the other hand, interlacing the fingers, and rub.

9 Wash Wrists: Don't forget to wash your wrists as well, as they can also be exposed to germs.

5 Rub between fingers: Interlace your fingers and rub them together to clean the spaces between them.

10 Wash wrists: Don't forget to wash your wrists as well, as they can also be exposed to germs.

6 Rub the backs of the fingers: Place the backs of your fingers against the palm of your other hand and rub them using a back-and-forth motion.

11 Dry your hands: Use a clean paper towel or hand dryer to dry your hands thoroughly. Wet hands can help germs spread.

7 Clean thumbs: Rub each thumb with the other hand in circular motions.

12 Turn off the faucet with a towel: If possible, turn off the faucet with a paper towel to avoid contaminating your freshly washed hands.

It is important to wash your hands for at least 20 seconds to ensure all germs are removed. You can sing the alphabet or any other short song to help you keep track of the time needed. Wash your hands regularly, especially after using the toilet, before eating, after coughing or sneezing, and after coming into contact with potentially contaminated surfaces.