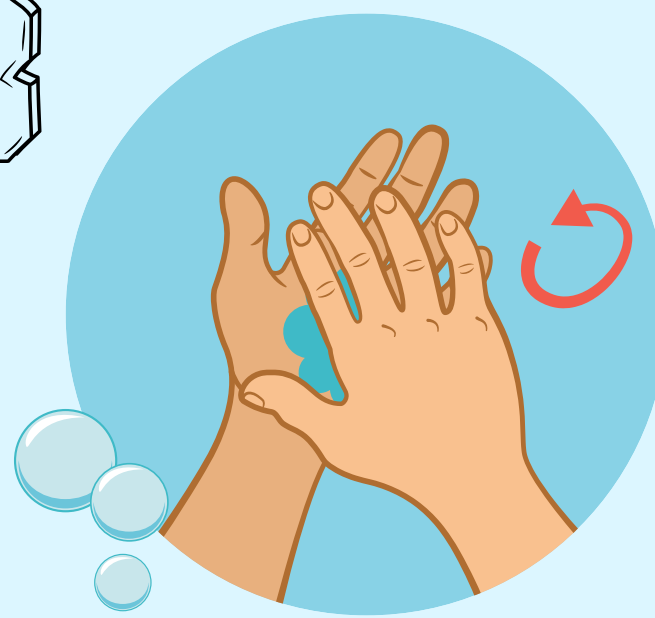# HOW TO HAND WASH

HALTON IPAC HUB

1 Wet hands with warm water
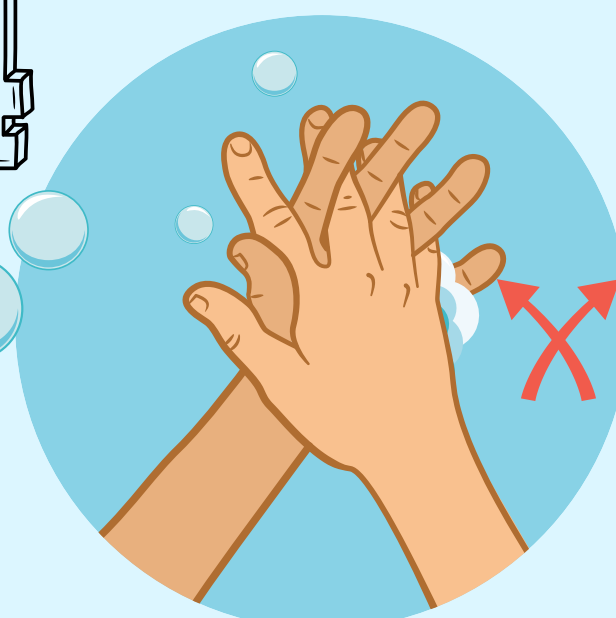
2 Apply soap

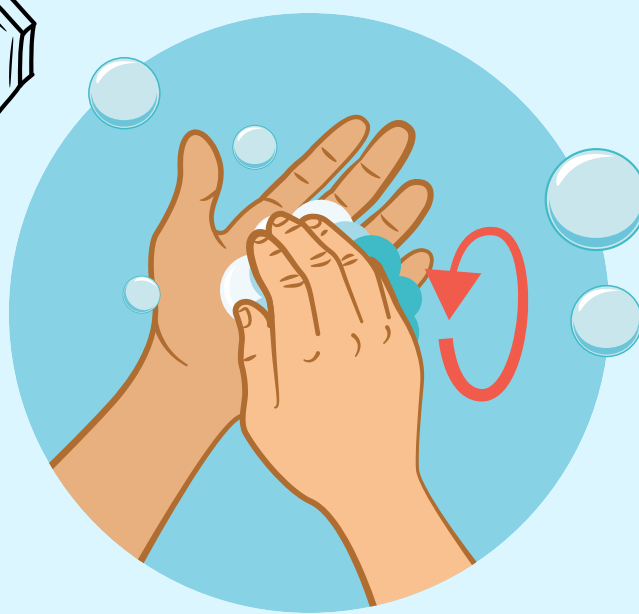**3** Lather soap and rub palm to palm
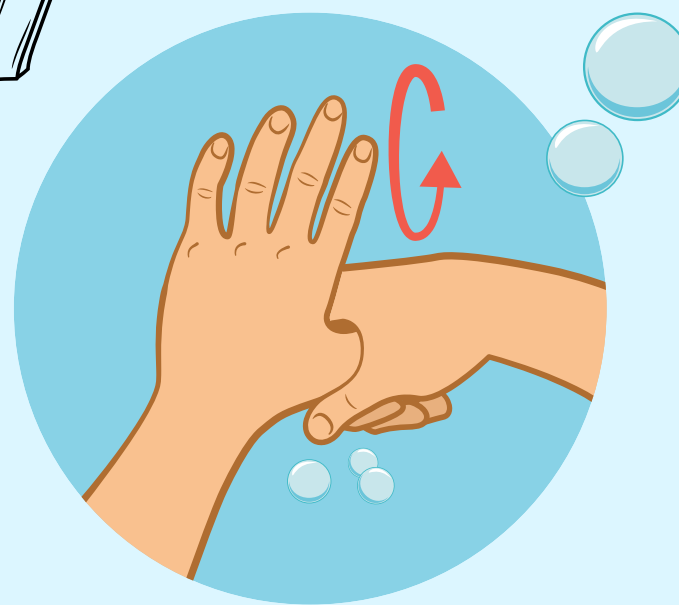
4 Rub in between fingers

5 Rub the back of one hand with the palm of the opposite hand

6 Rub the fingertips of one hand against the palm of the opposite hand

7 Gently rub each thumb using the opposite hand

8 Rinse under running water

9 Pat hands dry with paper towel. **Turn off tap with paper towel**

10 Now, your hands are safe

Perform hand hygiene for at least **15 seconds**

15 sec

Looking for a timer? Just hum the "Happy Birthday" song twice!