

What's the right way to wash your hands?

Washing your hands regularly and correctly can be really helpful in preventing illnesses, so it's essential to teach everyone, young and old alike.

How to wash your hands:

If you're wearing rings or a watch, take them off. Roll up your sleeves and adjust the water temperature and pressure. While your hands are under the water, wet them so the water flows down to your fingertips.

STEP 1 apply hand rub

Hand Rub

Duration- 20-30 seconds



Palm to palm



Back to palm (both sides)



Interlaces i.e.
(inbetween finger web space)



Back of fingers on palms
(both the sides)



Thumb
(Rotational rubbing, both sides)



Scrub your nails on palms
(both sides)



Wrist
(Rotational rubbing, both sides)

Hand Washing

(Duration- 40-60 seconds)

Step 1- Open the tap, wet your hands and apply hand wash

Step 2-8- Same

Step 9- Dry the hands with sterile paper towel

Step 10- Close the tap by elbow or with paper towel

1. Pour about 5-10 cc of liquid soap into the palm of your hands and rub them together until you create a good lather.
2. Start washing your hands with a rubbing and circular motion.
3. Use the palm of your right hand to wash the back of your left hand, interlacing the fingers, and do the same the other way around.
4. Rub your palms together, ensuring your fingers interlace and scrub them thoroughly.
5. Place the fingers of your right hand in the palm of your left hand, interlocking your fingers, and wash with pressure; then do the same with the other hand.
6. Use the palm of one hand to rotate and scrub the thumb of the other hand and vice versa.
7. Press the tips of one hand's fingers into the palm of the other hand, and wash in a circular motion until clean; do this for the other hand as well.
8. Rinse your hands and wrists thoroughly.
9. Dry your hands completely with a paper towel, then use the same towel to turn off the faucet, avoiding using your hands to do so, as that can contaminate them again. The standard time for proper hand washing is 1 minute.

10. If your hands don't seem visibly dirty, you can skip soap and use some hand sanitizer instead. Just apply it all over your hands until it's absorbed. This process is called "handrub". The standard time for a handrub with hand sanitizer is 30 seconds.