

# How to wash your hands

- Wash visibly soiled hands with soap and water, otherwise use alcohol-based hand rub.
- Keep nails short and clean. Avoid artificial nails as they do not allow for adequate cleaning/disinfection.

**Wash your hands for 40-60 seconds using steps below:**

**40-60  
seconds**



Wet hands in clean water and apply soap to palm.



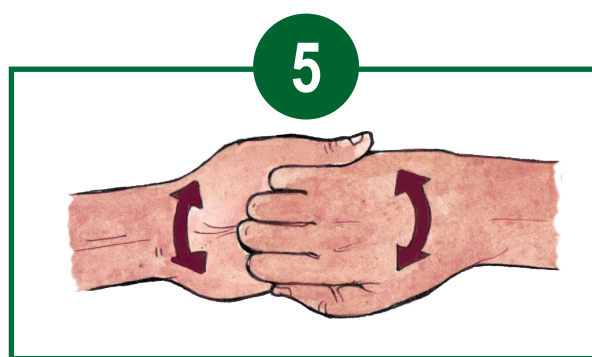
Rub palms together.



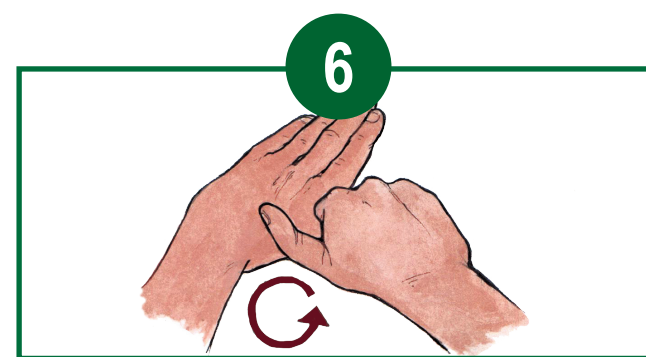
Place one hand over back of other, rub between fingers. Swap hands.



Rub fingers between each other.



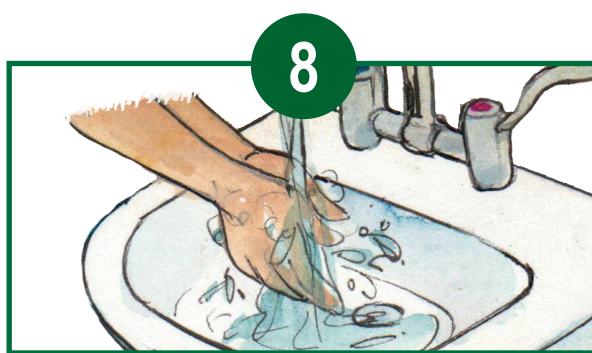
Grip fingers and rub together.



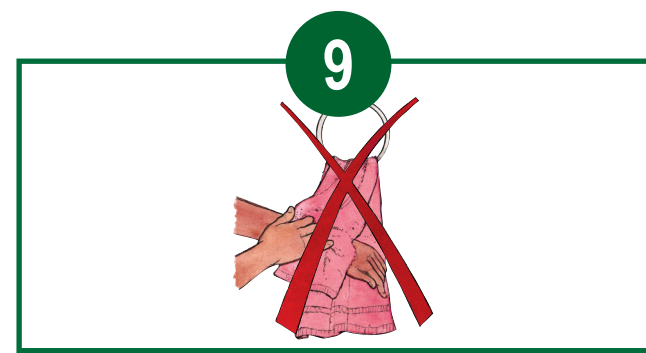
Rub each thumb with opposite palm. Swap hands.



Rub tips of nails against palm. Swap hands.



Rinse hands with water.



- Avoid shared towels.
- Dry using paper towel.
- Use paper towel to turn off tap.

**Once dry, your hands are safe.**

Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework. 2020

Adapted from the Infection Control Society of South Africa (ICSSA) and World Health Organization (WHO) and sponsored by the Knowledge Translation Unit (KTU).

Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? Infection Control & Hospital Epidemiology, 38(2), 230-233. doi:10.1017/ice.2016.241



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