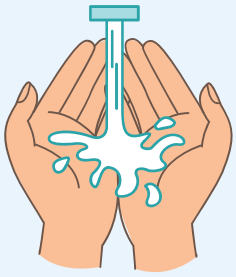
Appendix 1: Best practice - How to hand wash step by step

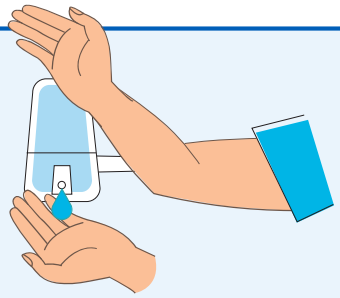
The whole procedure should take at least 60 seconds

1



Wet hands with warm water

2



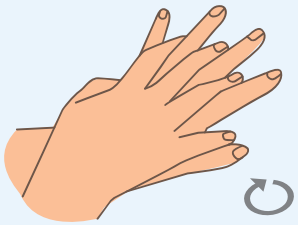
Dispense soap into palms of hands

3



Rub hands palm to palm

4



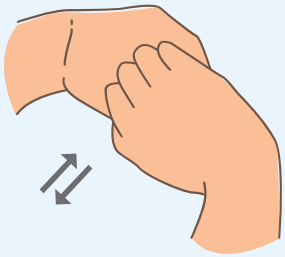
Right palm over back of left hand with interlaced fingers and vice versa

5



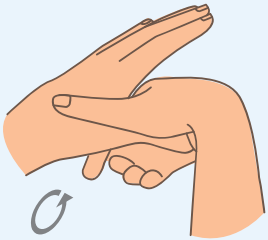
Palm to palm with fingers interlaced

6



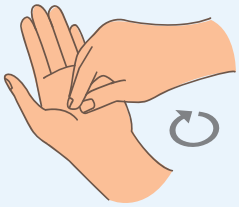
Backs of fingers to opposing palms with fingers interlocked

7



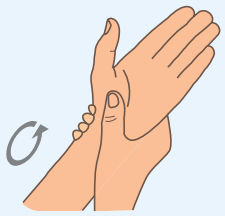
Rotational rubbing of left thumb clasped in right palm and vice versa

8



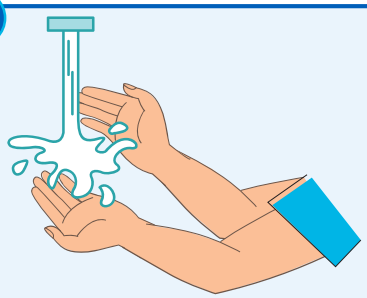
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

9



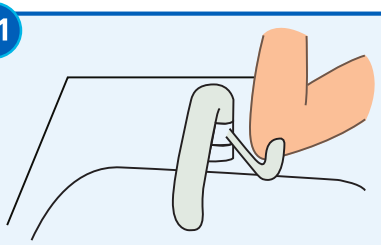
Rub each wrist in a rotating manner with the opposite hand

10



Rinse hands with warm water, until all soap has been removed

11



Use elbow to turn off tap, if unable to use elbow to turn tap off use a dry paper towel to turn tap off

12



Dry hands thoroughly with paper towel

13

Steps 3-9 should take at least 15 seconds. Once dry the procedure is complete