**Effective handwashing**

**1. Washing your hands with soap and water**
Wet your hands abundantly, apply enough soap to cover all surfaces of your hands and rub thoroughly.

**2. Scrubbing with a hand-sanitizer**
Fill the palm of your hand with the sanitizer, cover all surfaces of your hands and rub them together.

**3. Palm against palm by a turning movement.**

**4. Interdigital hand spaces, palm against palm and fingers intertwined, exercising a forward and back movement.**

**5. The backs of the fingers in the palm of the opposite hand, with a movement to and from the side.**

**6. The thumb of the left hand by rotation in the right hand, and vice versa.**

**7. The fingertips of the right hand in the palm of the left hand, and vice versa.**

**8. Rinse your hands with water.**

**9. Dry carefully your hands with disposal hand wipe.**

**10. Close the tap using the same hand wipes.**

**11. Your hands are clean.**