How to wash hands

A hand wash should take around 30 seconds.

1. Wet hands with running water (preferably warm, for comfort).
2. Apply soap to hands.
3. Lather soap and rub hands for at least 15 seconds, including:
   - palm to palm,
   - back of hands,
   - in between fingers and back of fingers,
   - around thumbs and tips of fingers.
4. Rinse hands with water.
5. Dry hands thoroughly.
6. Your hands are clean.