

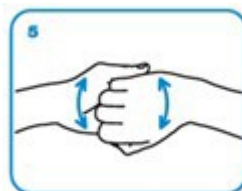
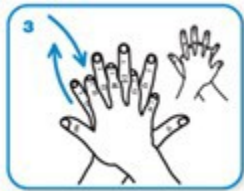
# How to Hand Wash

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If you have any questions or comments regarding this information please contact the Infection Prevention & Control Hand Hygiene Program at: [Hand.Hygiene@ahs.ca](mailto:Hand.Hygiene@ahs.ca)



- Roll up long sleeves and push up any wrist accessories
- Wet hands with warm water
- Apply enough soap to cover surfaces of the hands



- Vigorously rub soap over palms, backs of hands and wrists
- Include space between fingers, fingertips and thumbs
- Procedure should take 15 to 30 seconds



- Rinse under warm, running water
- Pat hands dry with disposable towel
- Turn tap off with the disposable towel

*\*Periodically apply AHS-provided hand lotion for skin integrity.\**

Adapted with permission from The World Health Organization

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