Thorough Hand Washing In 5 Steps:

**Wet your hands:**
First, hold your hands under running water. Choose a temperature that is comfortable for you. Washing hands with cold water is perfectly sufficient.

**Lather completely:**
Lather your hands thoroughly – the inside hand area as well as the back of the hand, fingertips, between fingers, and thumbs. Remember fingernails, too. Fluid soap is more hygienic that bars of soap, especially in public washrooms.

**Take your time:**
Gently rub the soap into all areas. Thorough hand washing takes 20 to 30 seconds.

**Rinse thoroughly:**
Rinse your hands under running water. When using public lavatories, use a paper towel or your elbow to turn off the water faucet.

**Dry carefully:**
Dry your hands carefully - also between fingers. In public lavatories, it is best to use paper towels. At home, persons should have their own towel.