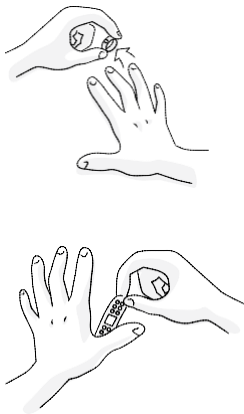


How to wash and dry hands with soap and water

1. Remove jewellery and cover abrasions



2. Wet hands with warm water, then apply soap or liquid soap



3. Lather for 15–20 seconds





4. Rinse hands under running water



5. Dry hands with clean towel



During the lather, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between fingers.

Hand hygiene is crucial in reducing transmission of infections. It includes both hand washing with plain or antimicrobial soap and water, and use of alcohol-based

products (gels, rinses, foams) containing an emollient that do not require the use of water.

If hands are visibly soiled or contaminated with respiratory secretions, wash hands with soap (either non-antimicrobial or antimicrobial) and water.

In the absence of visible soiling of hands, approved alcohol-based products for hand disinfection may be used. Ensure you have facilities for hand washing (i.e. sinks with warm and cold running water, plain or antimicrobial soap, and disposable paper towels) and hand disinfection (i.e. alcohol-based products) readily accessible.



Australian Government

Transcriber's Note

This document has been formatted using word processing document styles for semantic mark-up and in accordance with the “Guidelines for the Accessible E-text 2018” by Round Table on Information Access for People with Print Disabilities.

Please also note that the original page numbers of the sections have changed in this version due to the mark-up process.

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