

#StopTheSpread



# Handwashing 101

Source:  
World Health  
Organization

**01**

Wet your hands  
before applying  
soap.



**02**

Bring your palms  
together and rub  
soap all over the  
palms and backs of  
your hands, including  
between the fingers.



**03**

Wash your hands for  
at least 20 seconds.



**04**

Wipe your hands  
with a clean towel or  
paper towel and  
avoid rubbing too  
vigourously.

