Step 1: Thoroughly wet hands with water.

Step 2: Apply soap or antiseptic.

Step 3: Lather by rubbing hands together vigorously.

Step 4: Palm over back of hand.

Step 5: Palm to palm with interlaced fingers.

Step 6: Tips and backs of fingers to each palm.

Step 7: Scrub fingernails on palm.

Step 8: Clean thumbs.

Step 9: Clean wrists.

Step 10: Rinse hands thoroughly.

Step 11: Pat dry hands thoroughly.

Note - The whole hand washing process should take at least 15 – 20 seconds.
**Step 1:** Ensure you are near a biowaste bin before taking off gloves.

**Step 2:** Pinch glove on palm.

**Step 3:** Slowly pull glove down.

**Step 4:** Pull glove completely off hand.

**Step 5:** Do not touch glove with bare hand.

**Step 6:** Tightly scrunch glove in hand.

**Step 7:** Put index finger under the top of glove.

**Step 8:** Turn finger 180°.

**Step 9:** Pull glove outwards and towards.

**Step 10:** Make sure scrunched glove remains.

**Step 11:** Hold glove by uncontaminated surface and dispose in appropriate.

**For Further Information Contact:**
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