

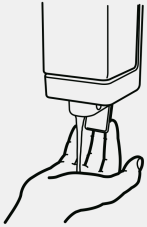
SCRUB UP TUNE UP

HOW TO HANDWASH

20-sec
SCRUB

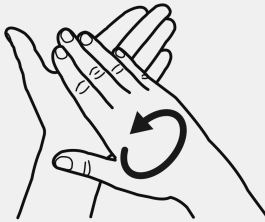
After you wet your hands with water:

1



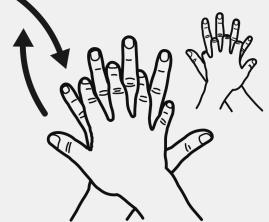
Apply enough soap to cover all hand surfaces

2



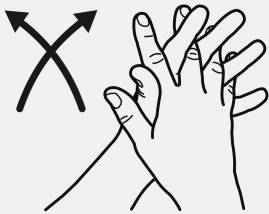
Rub hands palm to palm

3



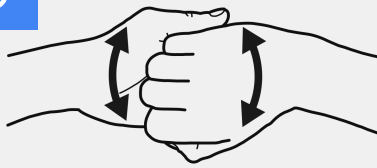
Right palm over left dorsum with interlaced fingers; vice versa

4



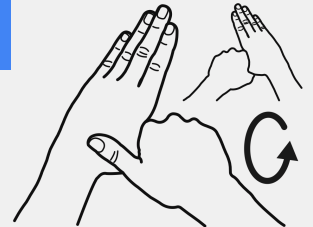
Palm to palm with fingers interlaced

5



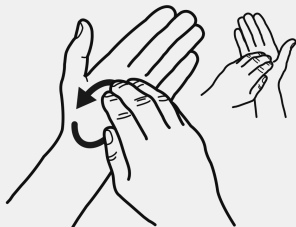
Backs of fingers to opposing palms with fingers interlocked

6



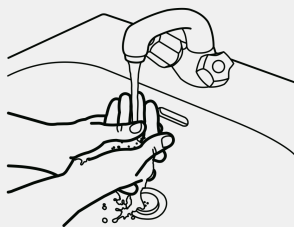
Rotational rubbing of left thumb clasped in right palm; vice versa

7



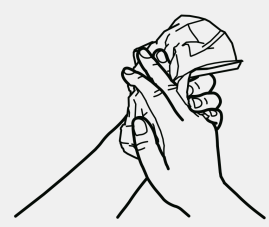
Rotational rubbing, backwards, forwards with clasped fingers of right hand in left palm; vice versa

8



Rinse hands with water

9



Dry thoroughly with a single use towel

Scrub Up, Tune Up Handwashing Program
Learn more: howdyhealth.tamu.edu



TEXAS A&M
AGRI LIFE
EXTENSION

Handwashing steps by World Health Organization (who.int)