


What is the most effective way to wash your hands to prevent the flu?

 The duration of the hand-washing with soap has to be **40-60 seconds**. If the washing is done with an alcohol-based preparation, the duration must be **20-30 seconds**.



1 Rinse your hands with warm or cool water and put soap in the palm of your hand.



2 Rub one palm of your hand with the other, creating foam.



3 Rub your right-hand palm over the back of your left hand with fingers interlocked and then scrub one palm with another.



4 Scrub the back of one hand with the palm of the other one, interlocking your fingers.



5 Then by rotating your hand, scrub your left thumb with the right-hand palm and vice versa.



6 Rub your right-hand fingertips against your left-hand palm by rotating your hand.



7 Scrub the wrist too, the upper part of the wrist as well as the lower part. Do the same with the other hand.



8 Rinse off your hands with water.



9 Dry your hands with a non-reusable towel and use it to turn off the tap and open the door.