# Clean hands protect against infection

Protect yourself: 1) Clean your hands regularly. 2) Wash your hands with soap and water, and dry them thoroughly. 3) Use alcohol-based handrub if you don't have immediate access to soap and water.
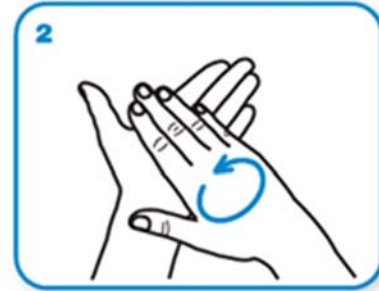
How do I wash my hands properly?: Washing your hands properly takes about as long as praying a "Hail Mary" and "Glory Be" (22 seconds), using the images below. (Images courtesy of the World Health Organization).
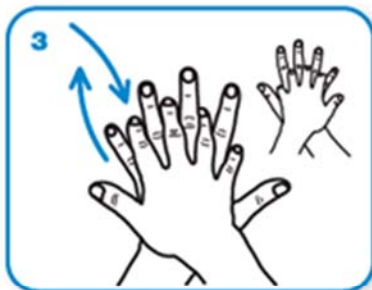

0 — Wet hands with water
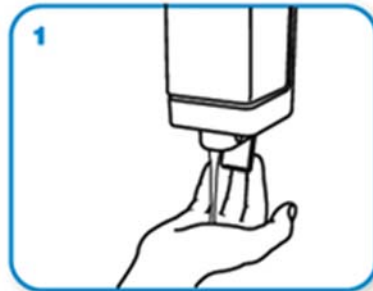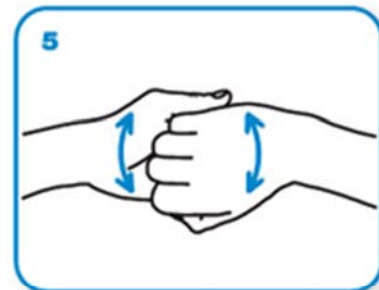
1 — apply enough soap to cover all hand surfaces.

2 — Rub hands palm to palm

3 — right palm over left dorsum with interlaced fingers and vice versa
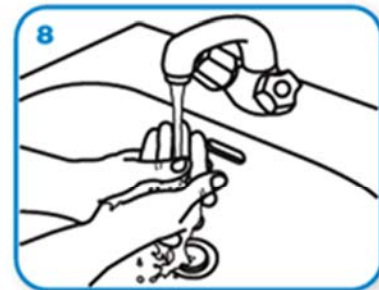
4 — palm to palm with fingers interlaced

5 — backs of fingers to opposing palms with fingers interlocked
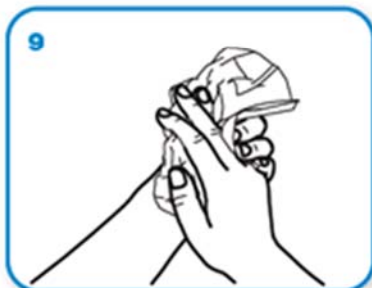
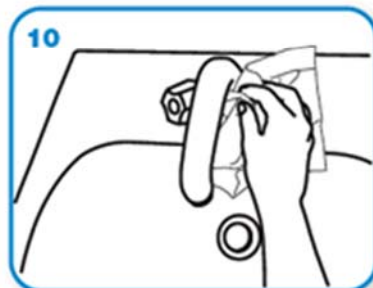6 — rotational rubbing of left thumb clasped in right palm and vice versa

7 — rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

8 — Rinse hands with water

9 — dry thoroughly with a single use towel

10 — use towel to turn off faucet

11 — ...and your hands are safe.