



Folkhälsomyndigheten
PUBLIC HEALTH AGENCY OF SWEDEN

How to wash your hands

Wash your hands for at least **20 seconds**



1.
Wet your hands
and apply plenty of
soap



2.
Lather your hands
by rubbing them
together with the
soap



3.
Rub the backs of
your hands and
between the
fingers



4.
Rub your thumbs



5.
Rub your fingertips
in the palm of your
hand



6.
Rinse your hands



7.
Dry your hands
using a paper towel



8.
Use the paper towel
to turn off the tap