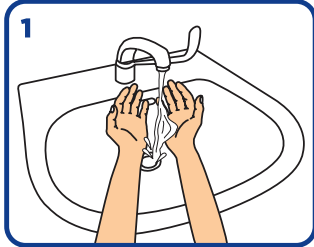


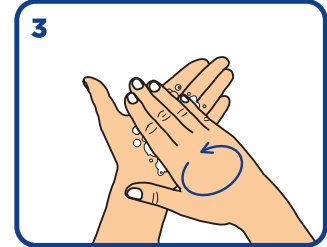
HAND WASHING TECHNIQUE WITH SOAP AND WATER



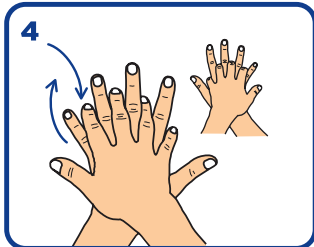
Wet hands with water
Mākū nga ringa ki te wai



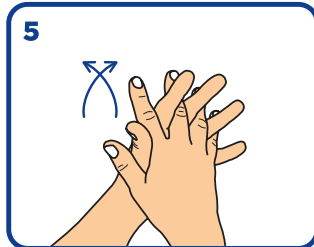
Apply enough soap to cover all hand surfaces
Hoatu hopi nui hei taupoki i ngā mata ringa katoa



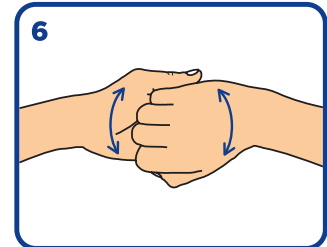
Rub soap into palms (15-30 seconds for entire scrubbing technique)
Miria ō ringa, kapu ki te kapu, tae rawa ki ngā wha ringa



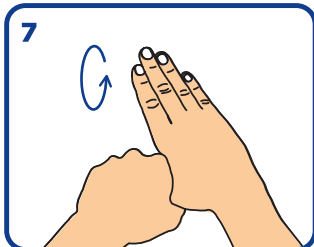
Rub back of hands with fingers interlaced
Te kapu matau i runga i te muri o te ringa mauī ka tūhono i ngā matimati, kātahi ka whakawhiti



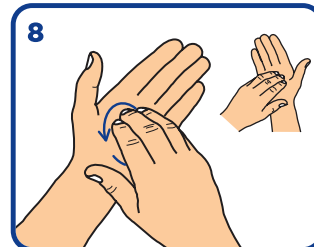
Rub palm to palm with fingers interlaced
Kapu ki te kapu me ngā matimati e tūhonohono ana



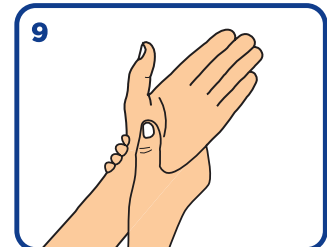
Rub around fingers
Ko muri o ngā matimati ki te kapu tauaro, me ngā matimati tūhonohono



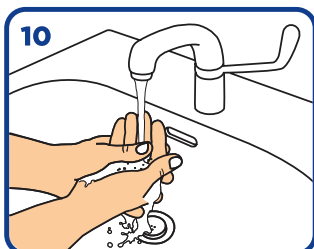
Rotational rubbing around thumbs
Mirimiri haere te kōnui mauī mā te kapu matau, ka whakawhi



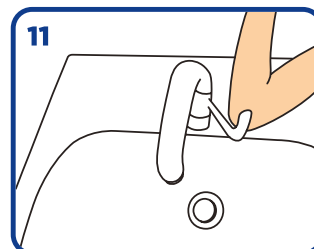
Scrub finger tips on palm
Ngā aki matimati i runga i te kapu



Rub each wrist
Miria ia ringaringa



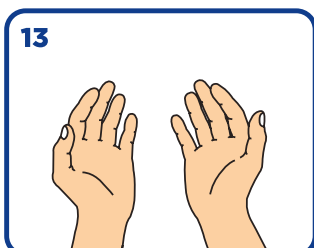
Rinse hands with water
Horoi ringa ki te wai



Use elbow or paper towel to turn off tap
Whakamahia te tuke, te tauera pepa ranei hei whakaweto i te tap



Dry thoroughly with a single-use towel
Me tino whakamaroke ki te tauera whakamahi kotahi



Entire hand washing procedure should take 40-60 seconds
Kia maroke noa, kua marutau ō ringa

Adapted from World Health Organisation Guidelines on Hand Hygiene in Health Care 2009