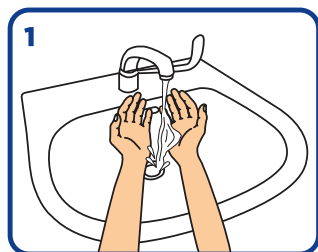


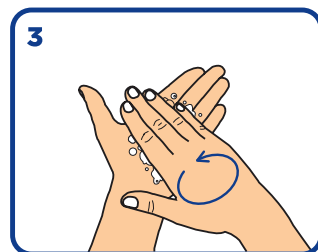
# HAND WASHING TECHNIQUE WITH SOAP AND WATER



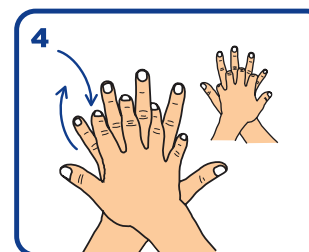
1  
Wet hands with water  
Mākū nga ringa ki te wai



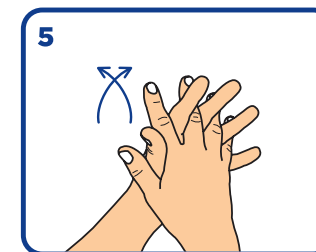
2  
Apply enough soap to cover all hand surfaces  
Hoatu hopi nui hei taupoki i ngā mata ringa katoa



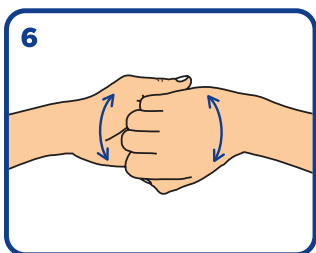
3  
Rub soap into palms (15-30 seconds for entire scrubbing technique)  
Miria ō ringa, kapu ki te kapu, tae rawa ki ngā wha ringa



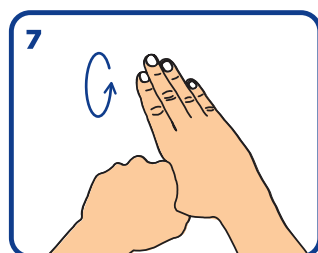
4  
Rub back of hands with fingers interlaced  
Te kapu matau i runga i te muri o te ringa mauī ka tūhono i ngā matimati, kātahi ka whakawhiti



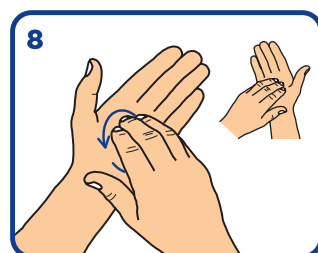
5  
Rub palm to palm with fingers interlaced  
Kapu ki te kapu me ngā matimati e tūhono ana



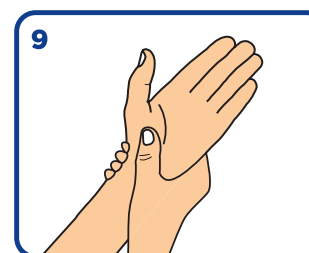
6  
Rub around fingers  
Ko muri o ngā matimati ki te kapu tauaro, me ngā matimati tūhono ana



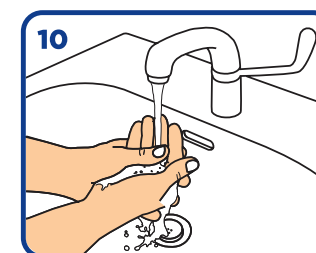
7  
Rotational rubbing around thumbs  
Mirimiri haere te kōnui mauī mā te kapu matau, ka whakawhiti



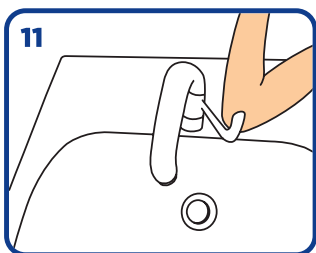
8  
Scrub finger tips on palm  
Ngā aki matimati i runga i te kapu



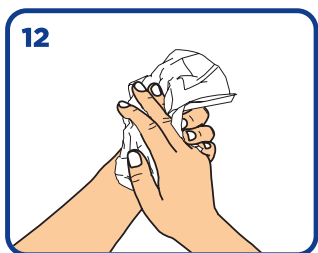
9  
Rub each wrist  
Miria ia ringaringa



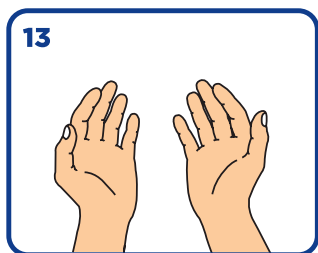
10  
Rinse hands with water  
Horoi ringa ki te wai



11  
Use elbow or paper towel to turn off tap  
Whakamahia te tuke, te tauera pepa ranei hei whakaweto i te tap



12  
Dry thoroughly with a single-use towel  
Me tino whakamaroke ki te tauera whakamahia kotahi



13  
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**