

HOW TO USE SUREWASH

SEVEN POSE TECHNIQUE SUITABLE FOR SOAP AND WATER AND FOR ALCOHOL BASED HAND RUB

01



Palms

Clean the internal surface of your hands.

02



Backs of Hands

Clean the external surface of your hands.

03



Between the Fingers

Clean in between your fingers.

04



Backs of the Fingers

Interlocking fingers into opposite palms.

05



Thumbs

Clean the entire thumb.

06



Fingertips

Clean under the nails and the opposite palm.

Optional
07



Wrists

Clean around the wrists.



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health

 **surewash**