

How To Wash Your Hands



Step 1 Hands should be wet with liquid soap applied for a good lather.



Step 2 Rub your hands palm to palm.



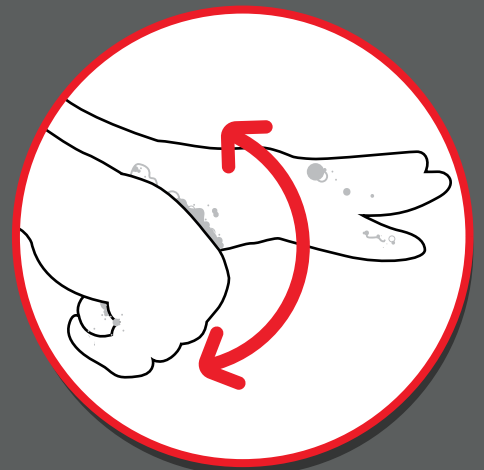
Step 3 With your right palm rub the back of your left hand. Swap hands and repeat.



Step 4 Then, interlace your fingers and rub your palms together.



Step 5 Interlock your fingers and rub the backs of them against your palms.



Step 6 Enclose your right hand around your left thumb and rub as you rotate it. Swap hands and repeat.



Step 7 Rub your right fingers in a circular motion in your left palm. Repeat with your left fingers.

After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.