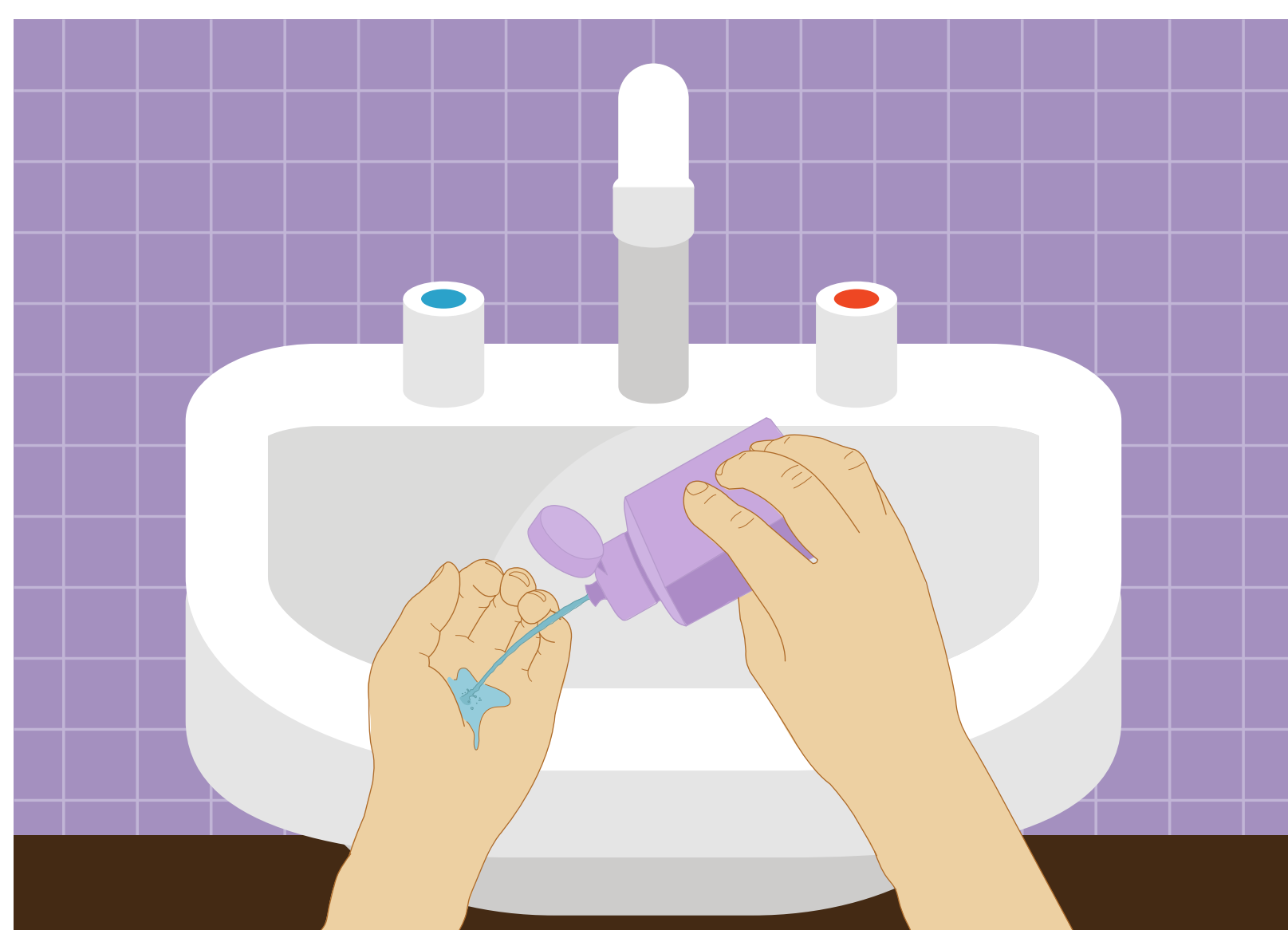


# How to wash your hands

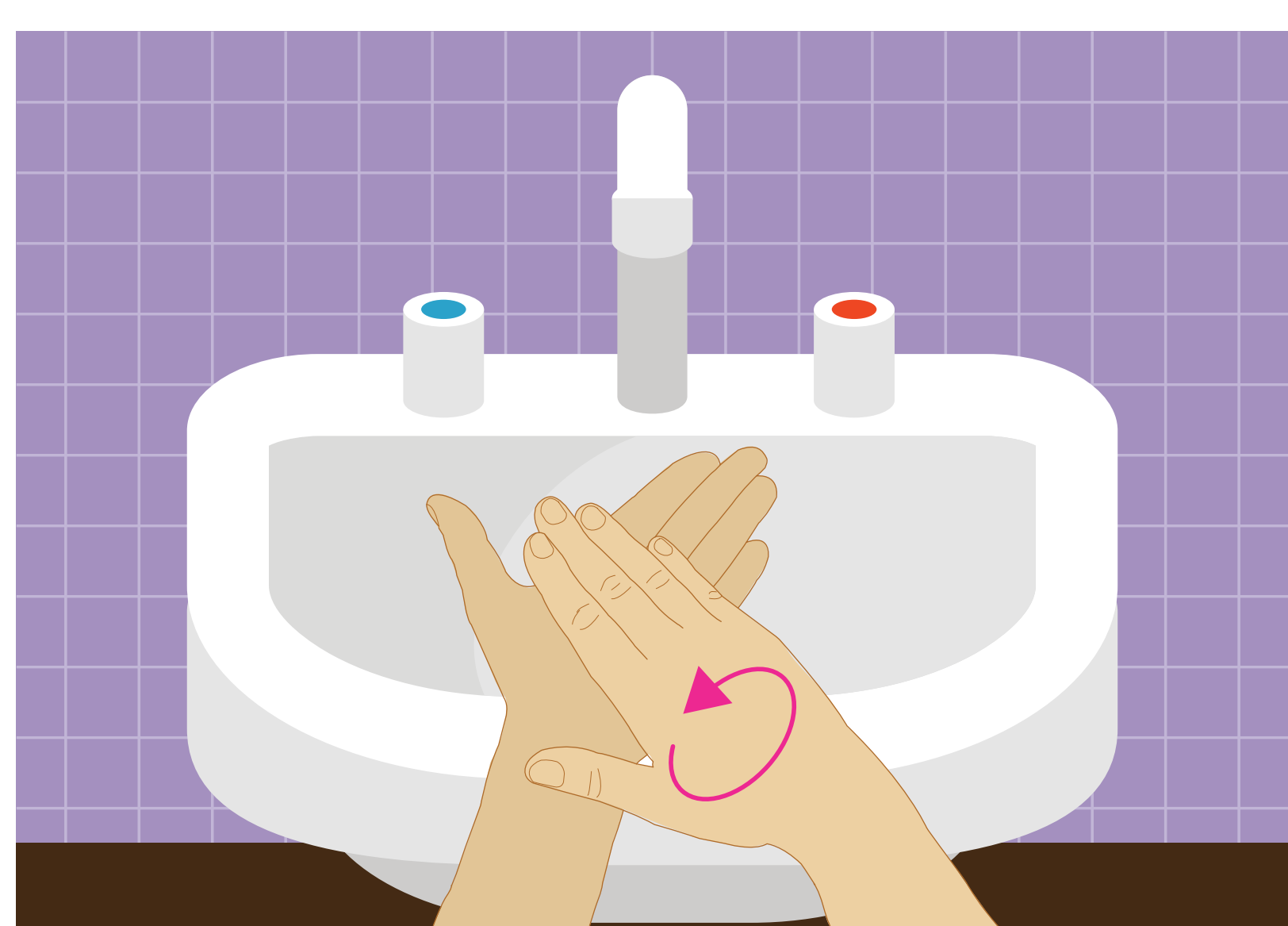
**12** steps to make sure your hands are clean.



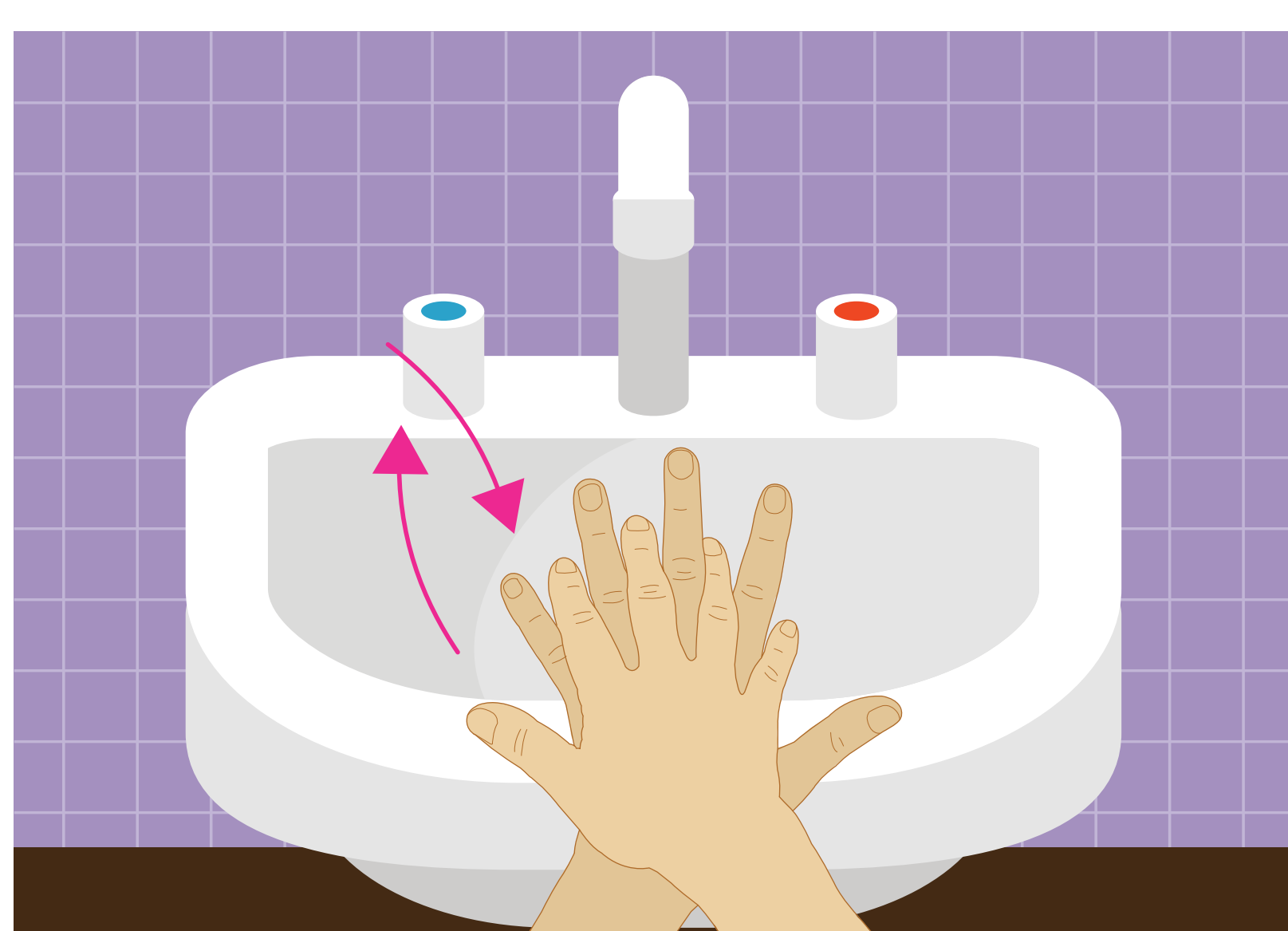
1. Wet hands with water.



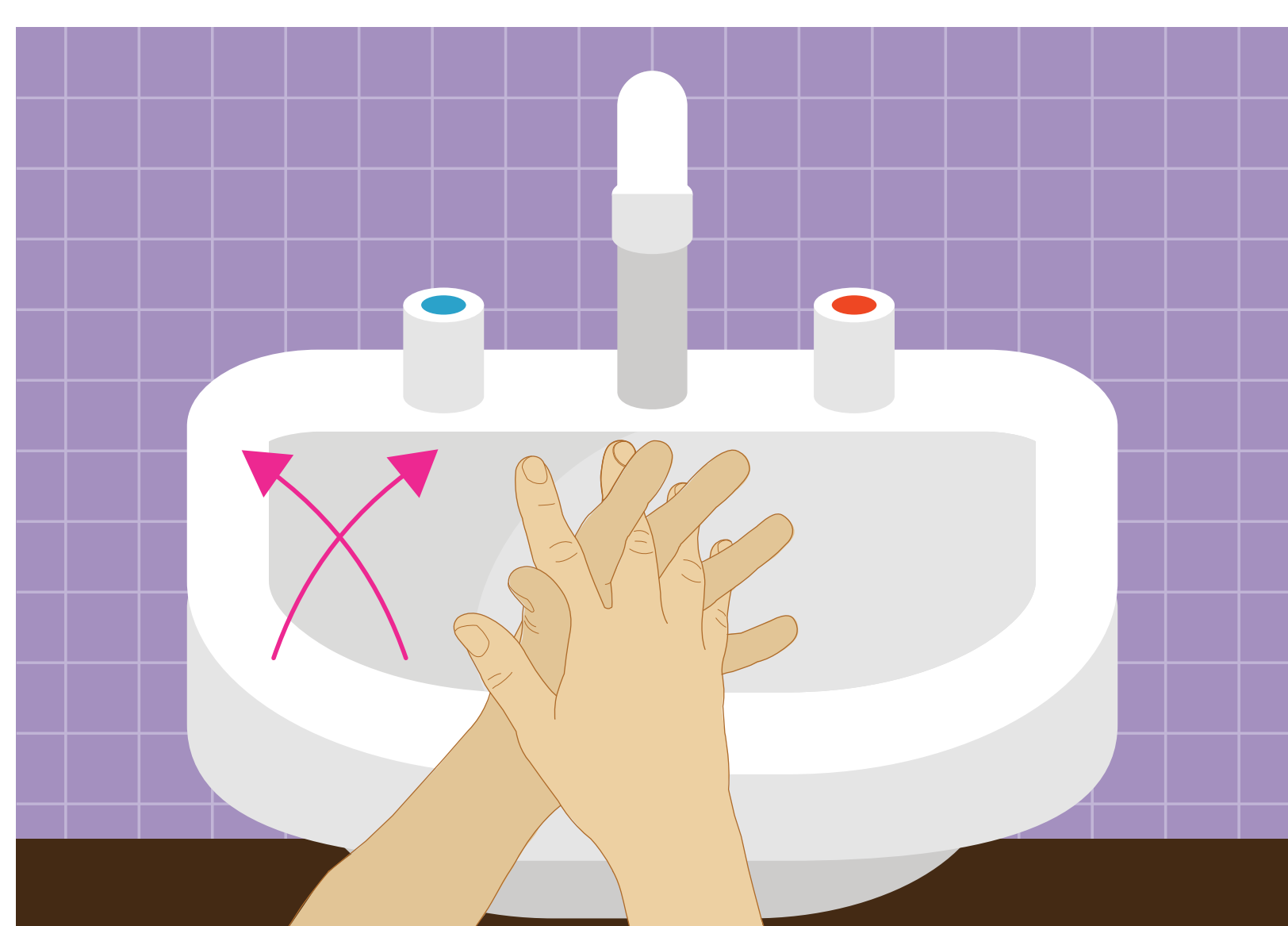
2. Apply enough soap to cover all hand surfaces.



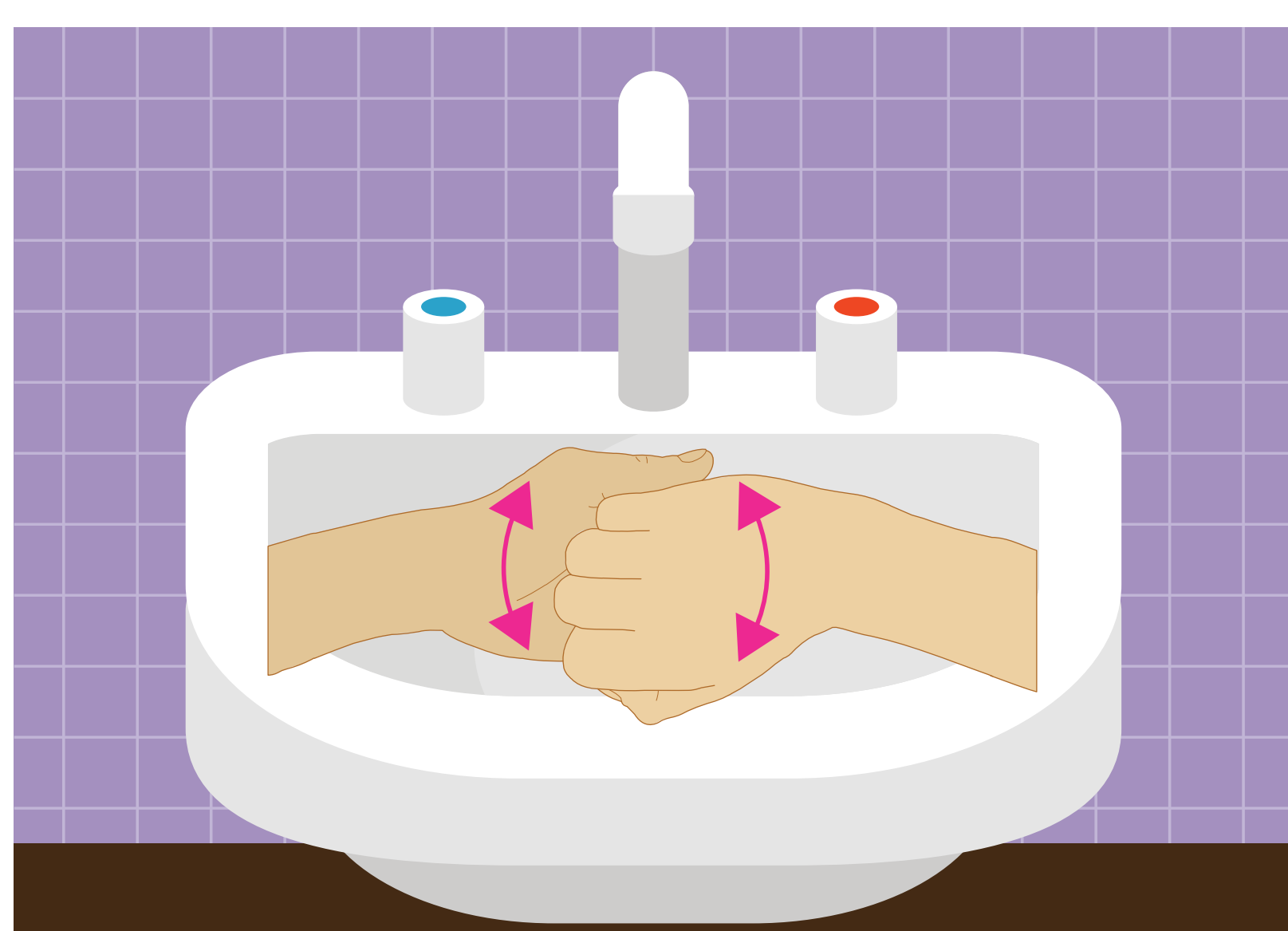
3. Rub hands, palm to palm.



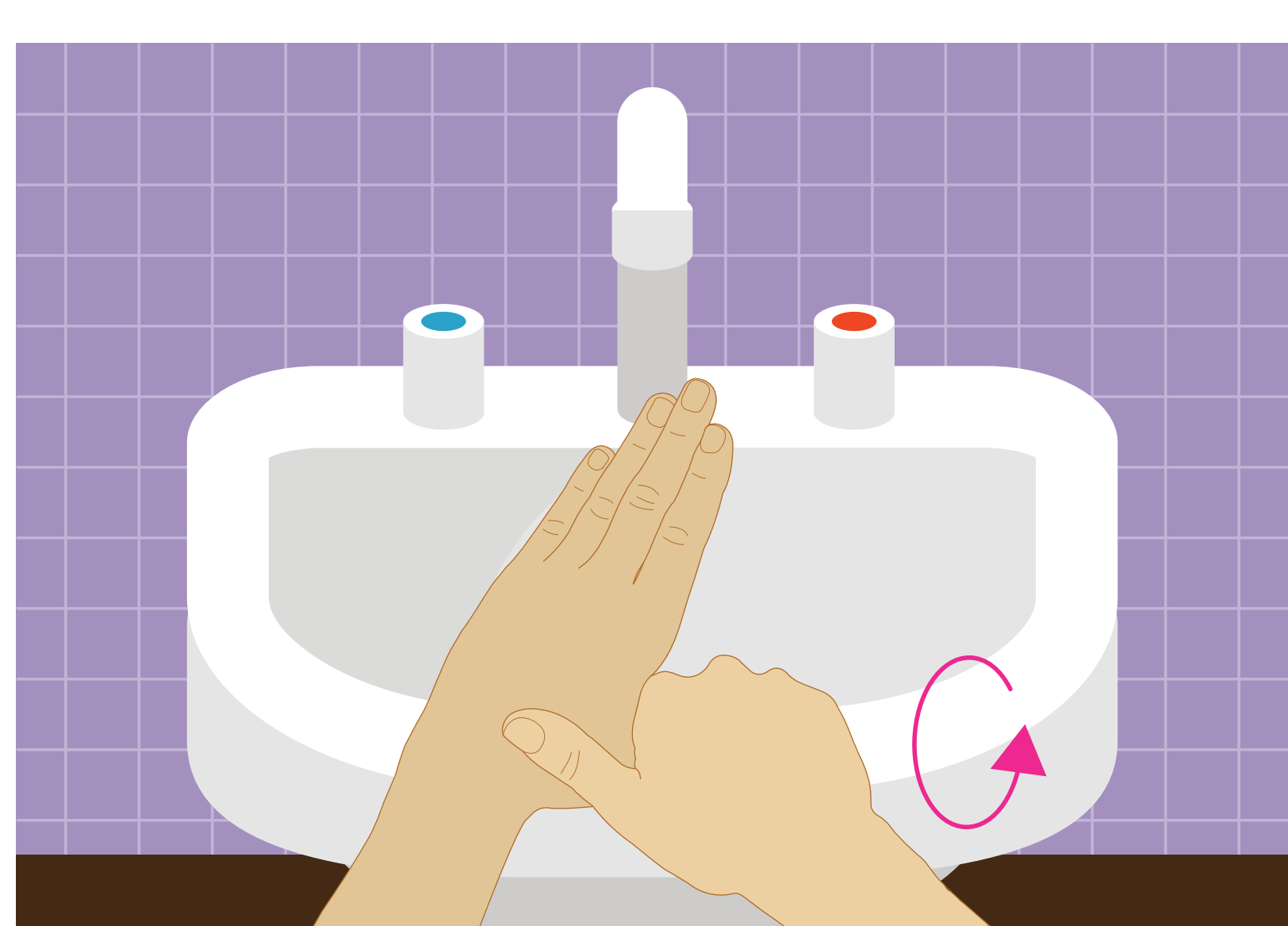
4. Right palm over the back of the left hand with intertwined fingers and vice versa.



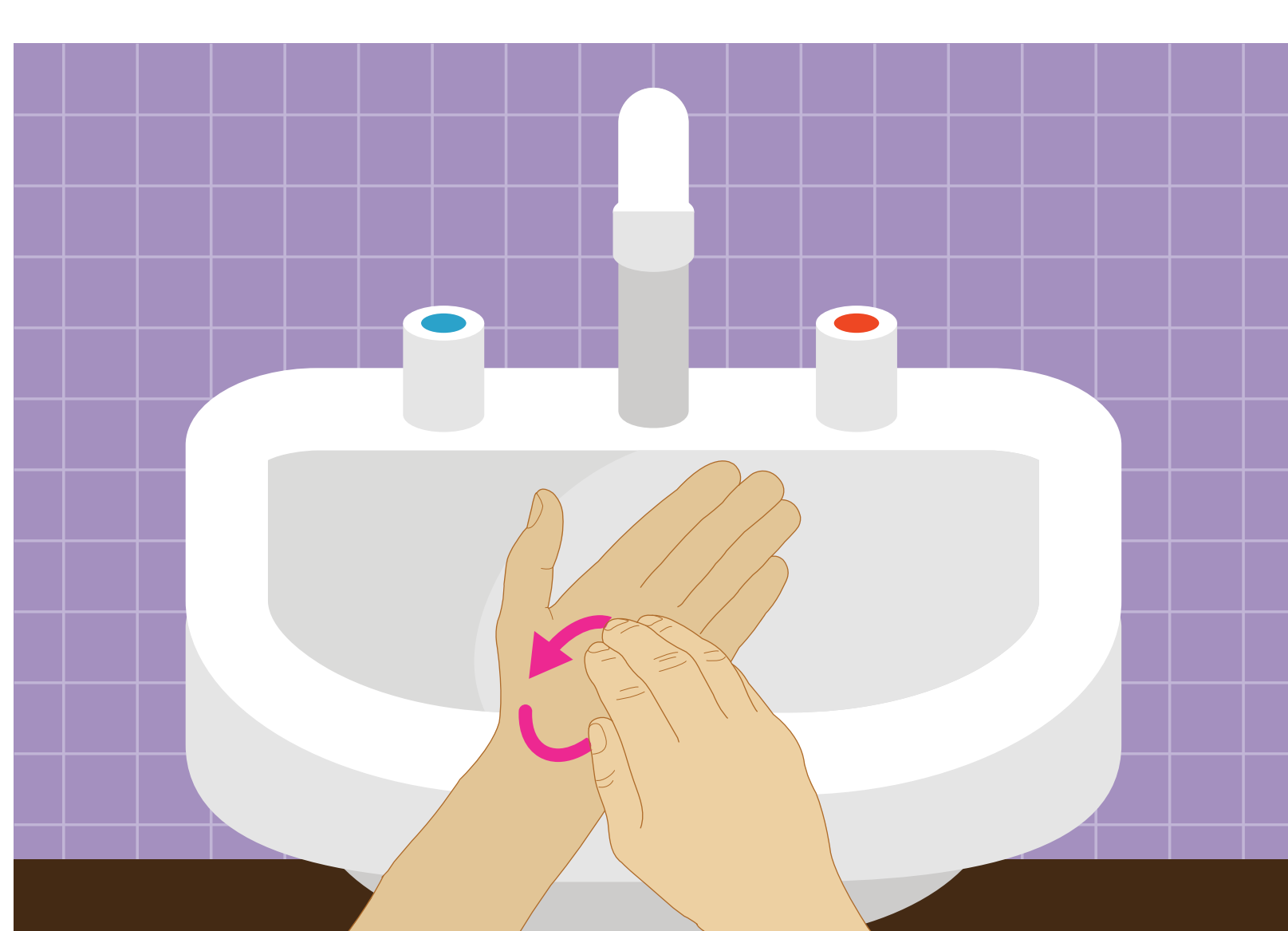
5. Palm to palm with fingers intertwined.



6. Backs of fingers to opposing palms with fingers interlocked.



7. Rotational rubbing of left thumb grasped in right palm and vice versa.



8. Rotational rubbing, backwards and forwards with grasped fingers of right hand in left palm and vice versa.



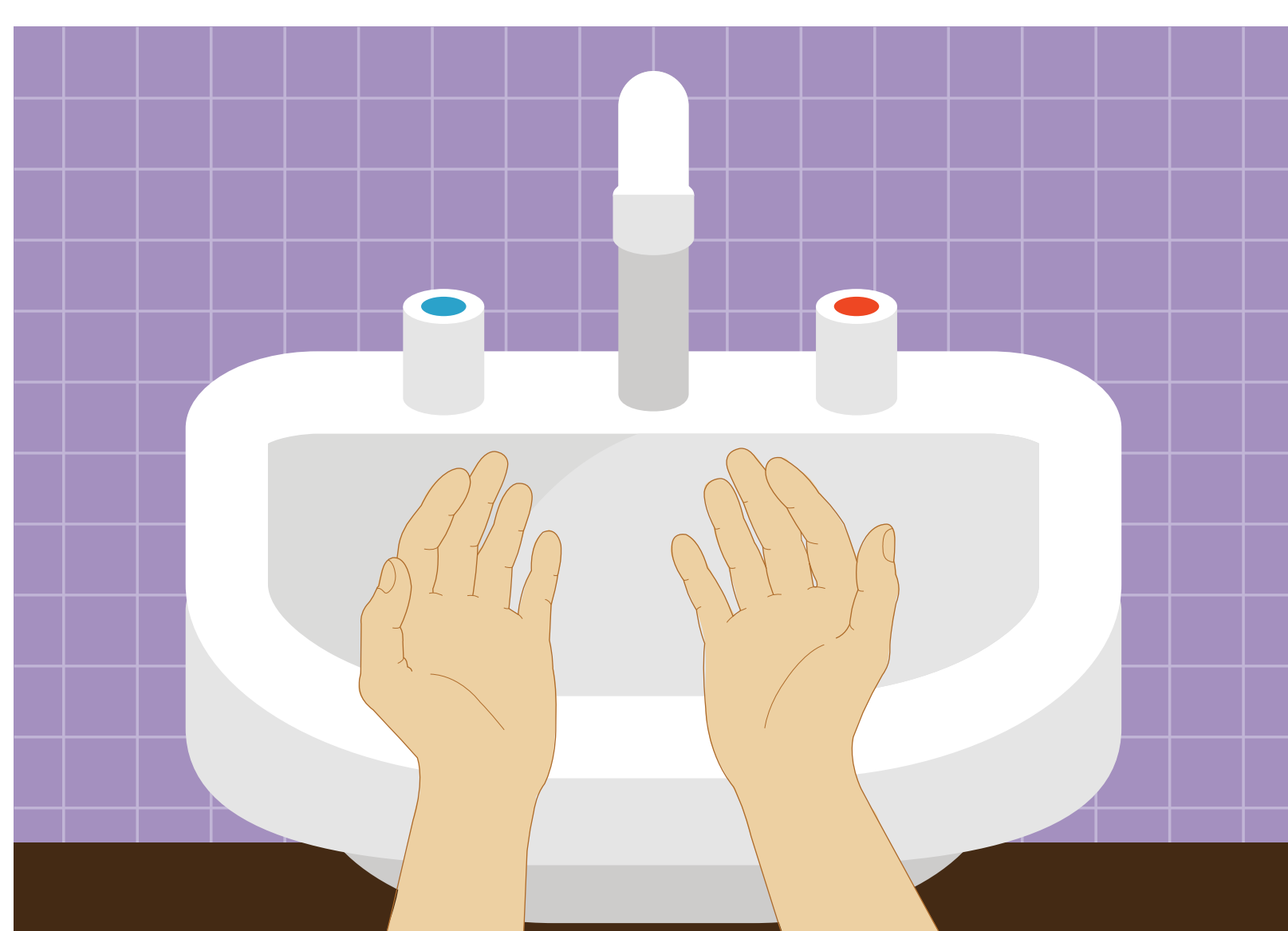
9. Rinse hands with water.



10. Dry hands thoroughly with a clean towel.



11. Use towel to turn off tap.



12. Your hands are now clean.

**40-60 seconds**

Is how long it will take to clean your hands this way.