

How To Wash Your Hands



1
Wet hands
with water



2
Apply soap



3
Rub hands
together



4
Use 1 hand to rub the
back of the other hand
and clean in between
the fingers. Repeat with
the other hand.



5
Rub your hands
together and clean
in between your
fingers.



6
Rub the back
of your fingers
against your
palms.



7
Rub your thumb using
your other hand. Do the
same with the other thumb.



8
Rinse with water
and dry.