HOW TO CLEAN YOUR HANDS

HOW TO HAND WASH

1



Wet hands with warm (not hot or cold) running water

2



Apply liquid or foam soap

3



Lather soap covering all surfaces of hands

LATHER HANDS FOR 20-30 SECONDS

4



Rub back of each hand with palm of other hand and between and around fingers

5



Rub fingernails of each hand in opposite palm

6



Rub each thumb clasped in opposite hand

7



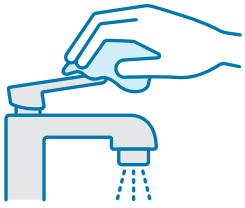
Rinse thoroughly under running water

8



Pat hands dry thoroughly with paper towel

9



Use paper towel to turn off the tap

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