

# How to Wash Your Hands?



1

Wet your hands under running water



2

Apply soap and rub palms together to ensure complete coverage



3

Spread the lather over the back of hands



4

Make sure soap gets in between your fingers



5

Grip the fingers on each hand



6

Pay particular attention to the thumbs



7

Press fingertips into the palm of each hand



8

Dry your hands thoroughly with a clean towel