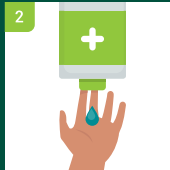


# How to Wash Your Hands



1 Wet hands with water



2 Apply soap



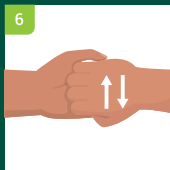
3 Rub hands palm to palm



4 Rub palm over the back of the other hand with interlaced fingers and vice versa



5 Palm to palm with fingers interlaced



6 Back of fingers to opposing palms with fingers interlocked



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



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



9 Rinse hands under running warm water



10 Dry hands thoroughly with a paper towel or air dryer



11 Use elbow or paper towel to turn off tap



12 Your hands are clean!