

How to Hand Wash

1



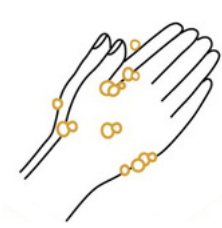
Wet hands with warm water.

2



Apply soap.

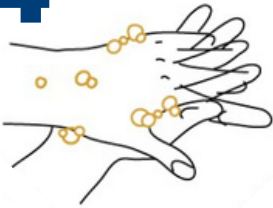
3



Lather soap and rub palm to palm.

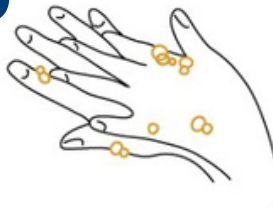
Lather hands for a total of 30 seconds.

4



Rub in between and around fingers.

5



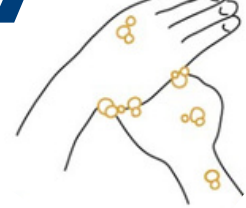
Rub back of each hand with palm of other hand.

6



Rub fingertips of each hand in opposite palm.

7



Rub each thumb clasped in opposite hand.

8



Rinse thoroughly under running water.

9



Pat hands dry with paper towel.

10



Turn off tap using paper towel.

Your hands are now clean.