

Washing hands effectively

Step 1:

Wet your hands thoroughly under warm running water and squirt liquid soap onto your palm.



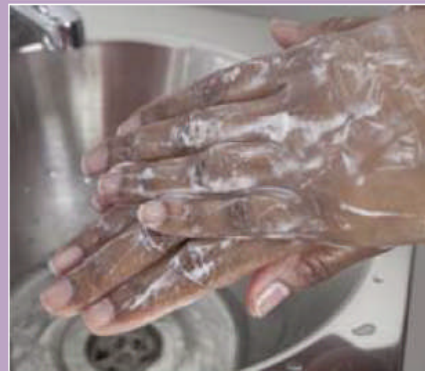
Step 2:

Rub your hands together palm to palm to make a lather.



Step 3:

Rub the palm of one hand along the back of the other and along the fingers. Repeat with the other hand.



Step 4:

Put your palms together with fingers interlocked and rub in between each of the fingers thoroughly.



Step 5:

Rub around your thumbs on each hand and then rub the fingertips of each hand against your palms.



Step 6:

Rinse off the soap with clean water and dry your hands thoroughly on a disposable towel. Turn off the tap with the towel and then throw the towel away.

