

# How to wash your hands

# Initial

1.



Wet your hands and use soap

2.



Rub palms together

3.



Rub back of hands and between fingers

4.



Clasp back of fingers and rub side to side

5.



Rub base of thumbs

6.



Rub fingernails against palm

7.



Rinse well

8.



Dry hands thoroughly