

How to Wash Your Hands

Wet your hands

Apply soap

1. Rub your hands together
2. Rub between your fingers
3. Rub the backs of your fingers
4. Rub/twist your thumbs
5. Rub your fingernails
6. Rub your fingertips
7. Rub your wrists
8. Rinse and dry with a paper towel



WASH or HANDRUB for 20 SECONDS!

Use your towel to turn off the water