

5 Steps to clean hands

STEP 1
Wet your hands with water.



STEP 2
Apply soap and rub hands together.



STEP 3
Clean the fronts and backs of your hands.



DON'T FORGET
Clean both of your wrists.



DON'T FORGET
Clean your fingernails in your palms.



DON'T FORGET
Clean between fingers and clean your thumbs.



STEP 4
Rinse your hands.



STEP 5
Dry your hands with a paper towel, a hand dryer or a fabric towel.



Good Work!