

Washing your hands

Step 1

1

Wet hands
under running
water.



Step 2

2



Add soap
to aid cleaning and
to kill germs.

Step 3

3

Rub well
for at least
15 seconds.

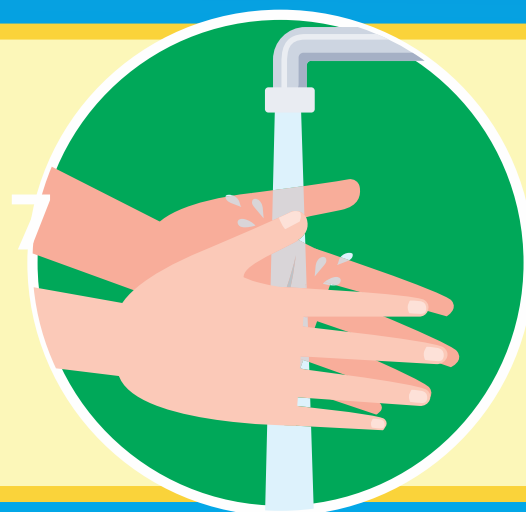


Remember

Rub the front and
back of your hands
well and between
your fingers

Step 4

4



Rinse well
under warm running
water.

Step 5

5

Dry hands
with clean
paper towels.

