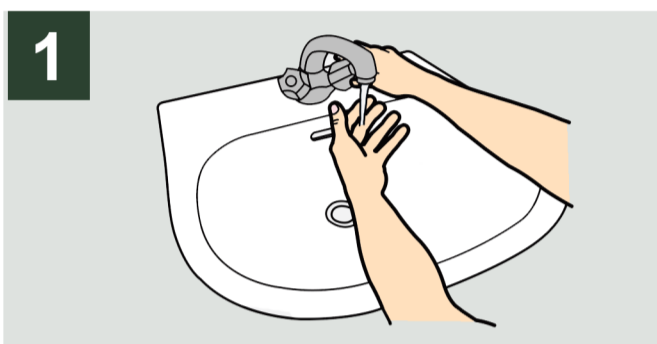


# How to wash your hands

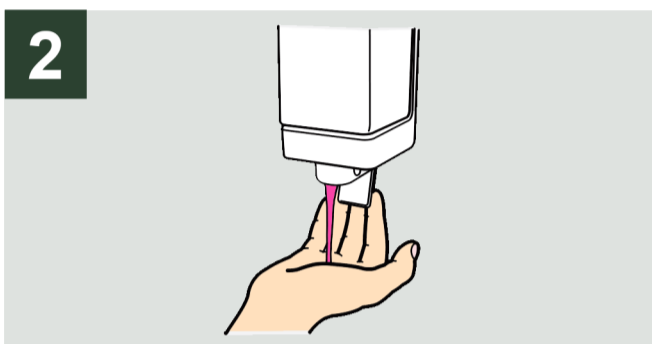


HELP SAVE LIVES!

Wash your hands for at least 20 seconds.



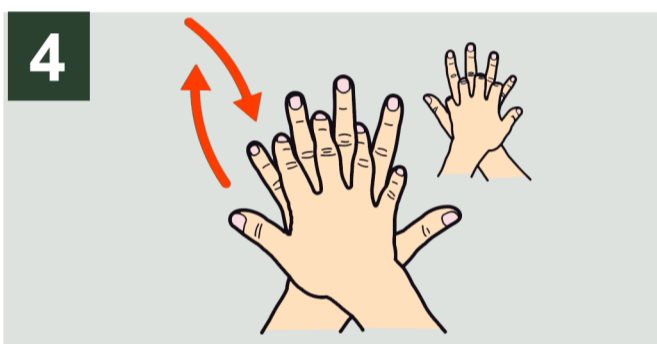
1 Wet hands with water;



2 Apply enough soap to cover all hand surfaces;



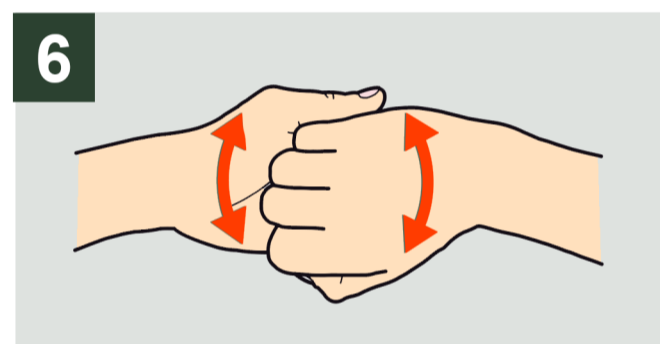
3 Rub hands palm to palm;



4 Right palm over left dorsum with interlaced fingers and vice versa;



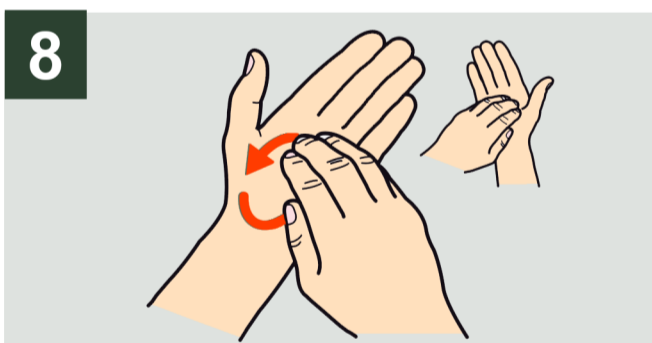
5 Palm to palm with fingers interlaced;



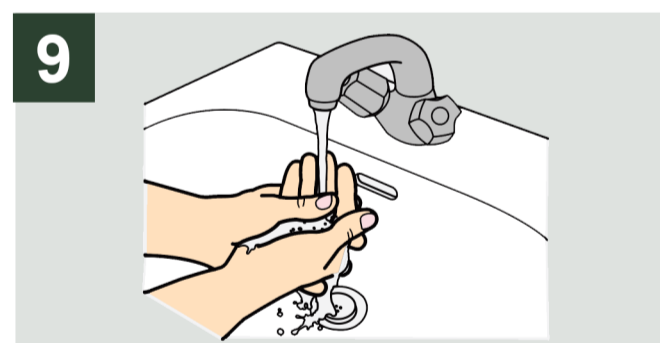
6 Backs of fingers to opposing palms with fingers interlocked;



7 Rotational rubbing of left thumb clasped in right palm and vice versa;



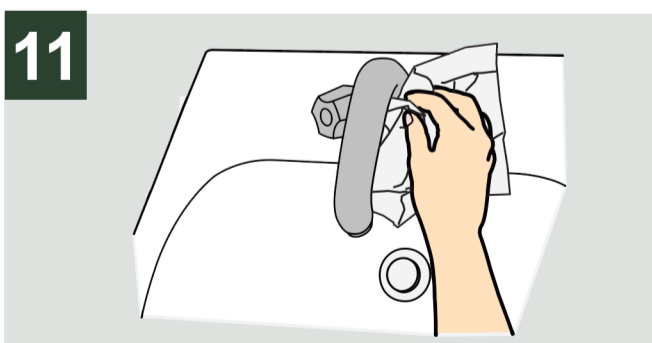
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



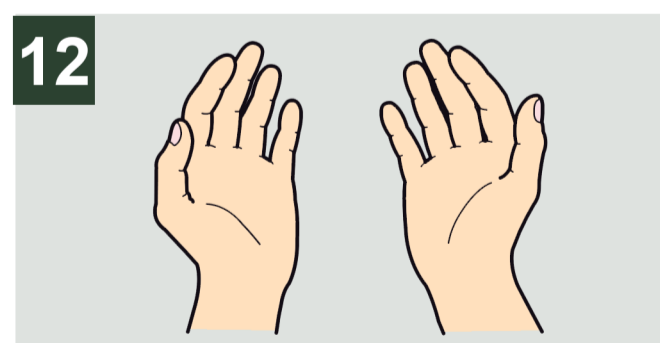
9 Rinse hands with water;



10 Dry hands thoroughly with a single use towel;



11 Use towel to turn off faucet;



12 Your hands are now safe.



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