

# How to wash hands



Wet your hands with lukewarm water and apply soap thoroughly - remember the wrists



Rub your hands together. Rub the skin furrows on the palms thoroughly



Fold your fingers slightly and rub the palms of your hands together



Rub the back of each hands with the palm of the other hand



Rub around your thumbs on each hand



Wash your fingertips and nails



Rinse off the soap with clean water and dry your hands with a towel



Finally, use a paper towel to turn off the tap and throw the towel away