How to wash your hands

Wash your hands frequently to remove germs

Lather with soap
Clean between fingers and nails

Turn off tap with arm and air dry hands.
Now your hands are clean!
Do not drink this water!

Do not drink this water!
How to wash your hands

1. Wet hands with water and apply soap.

2. Create foam and rub hands completely, in-between fingers, nails and wrists.

3. Wash wrists, palms and around nails. Wash for at least 20 seconds.

4. Rinse and air dry hands. Now your hands are clean.
How to wash your hands

1. Wet hands with water
2. Apply enough soap to cover all hand surfaces
3. Rub hand palm-to-palm and create foam
4. Rub right palm over left with interlaced fingers, and vice-versa
5. Rub right thumb in left palm, and vice-versa
6. Wash wrists, palms and around nails. Wash for at least 20 seconds.
7. Rinse hands with water. Turn off tap with elbow.
8. Dry both hands on air, now your hands are safe.
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