

# DO YOU KNOW HOW TO WASH YOUR HANDS ?

WASH YOUR HANDS IN RUNNING WATER ATLEAST FOR 20 SECONDS



1. WET HANDS WITH WATER



2. APPLY SOAP AND LATHER WELL



3. SCRUB PALM TO PALM



4. SCRUB BETWEEN FINGERS



5. SCRUB BACK OF HANDS



6. SCRUB BASE OF THUMBS



7. SCRUB BACK OF FINGERS



8. SCRUB UNDER FINGER NAILS



9. SCRUB WRISTS



10. RINSE HANDS WITH RUNNING WATER



11. DRY HANDS

