

Steps to handwashing



6 Steps for proper handwashing



1. Rub hands palm to palm



2. Back of hands



3. Between fingers



4. Back of fingers



5. Base of thumbs

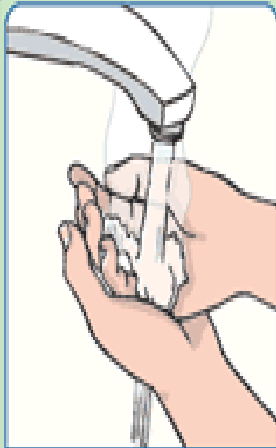


6. Fingernails

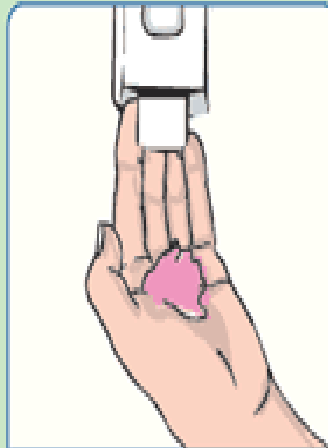
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Website link: <https://www.youtube.com/watch?v=2cB9UlpUGYE> wash hands

FIGHT GERMS BY WASHING YOUR HANDS!



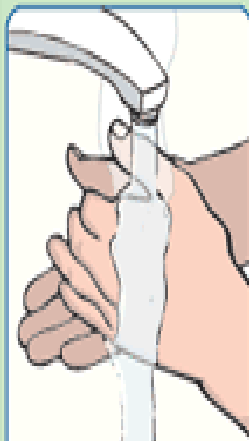
1 Wet your hands



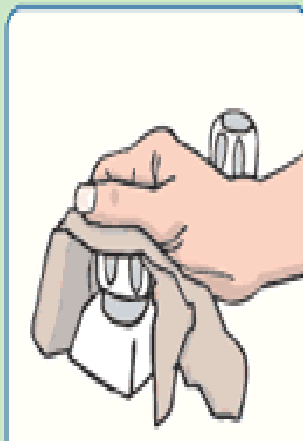
2 Soap



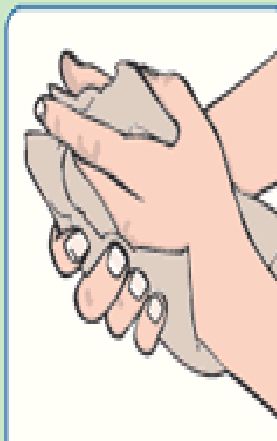
3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap



6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands