

# 10 STEPS in washing your HANDS properly



1. Wet your hands with warm water



2. Lather up with soap.

3. Rub palms together.



4. Rub the back of hands.

5. Interlink your fingers.



6. Cup your fingers.

7. Clean the thumbs.



8. Rub palms with your fingers.

9. Rinse your hands thoroughly.



10. Dry with a clean towel.