

How to wash your hands



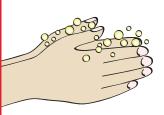




Get both hands wet under the tap



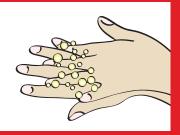
2 Drop one or two squirts of soap on to your hands



Rub the front of your hands together



4 Rub in between your fingers and thumb



5 Rub the back of each hand with the front of the other



6 Scrub your finger tips on the front of each hand



Rub each thumb with your other hand



8 Rub each wrist with your 9 Wash off all the soap other hand





10 Dry your hands with a paper towel

Stop the Dirty Germs - WASH YOUR HANDS



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