CLEAN YOUR HANDS
USING SOAP AND WATER

1. Wet hands with warm water.
2. Apply soap.
3. Lather soap and rub hands palm to palm.
4. Rub in between and around fingers and wrists.
5. Rub back of each hand with palm of other hand.
6. Rub nail beds of each hand in opposite palm.
7. Rub each thumb clasped in opposite hand.
8. After 15 to 20 seconds rinse thoroughly under running water.
10. Turn off water using paper towel.
11. Your hands are now clean.

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