



How to Wash my Hands



1. Turn on the tap and wet my hands.



2. Put soap on my hands.



3. Rub my hands palm to palm with soap.



4. Use one hand to rub the back of the other hand. Clean in between my fingers. Do the same with the other hand.



5. Rub my hands palm to palm and clean in between my fingers.



6. Rub the backs of my fingers against my palms. Repeat for the other hand.



7. Rub my thumb using my other hand. Repeat for the other hand.



8. Rub the tips of my fingers on the palm of my other hand. Repeat for the other hand.



9. Rinse my hands well with water.



10. Dry my hands well with a paper towel.



11. Turn off the tap with the paper towel or with my elbow.



I will wash my hands for at least 20 seconds.