



# HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



WET HANDS



APPLY SOAP



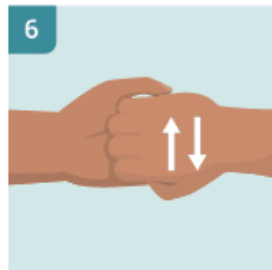
RUB HANDS  
PALM TO PALM



LATHER THE BACKS  
OF YOUR HANDS



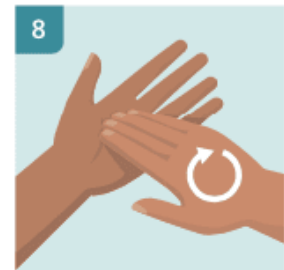
SCRUB  
BETWEEN YOUR FINGERS



RUB THE BACKS  
OF FINGERS ON  
THE OPPOSING PALMS



CLEAN THUMBS



WASH FINGERNAILS  
AND FINGERTIPS



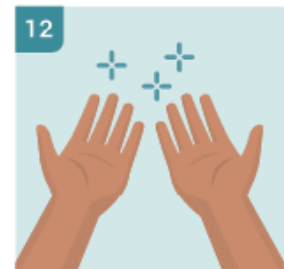
RINSE HANDS



DRY WITH  
A SINGLE USE TOWEL



USE THE TOWEL  
TO TURN OFF THE FAUCET



YOUR HANDS ARE CLEAN