

# How to **wash** your hands properly



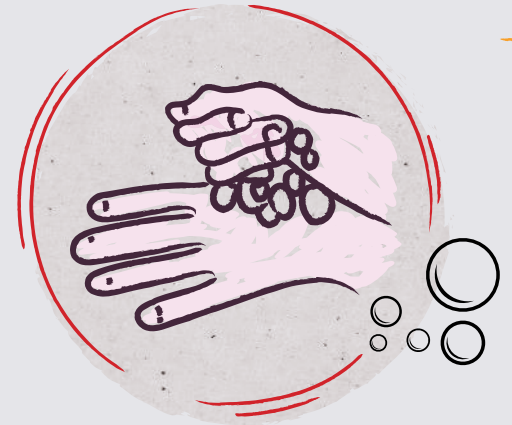
Wash hands with warm water and soap



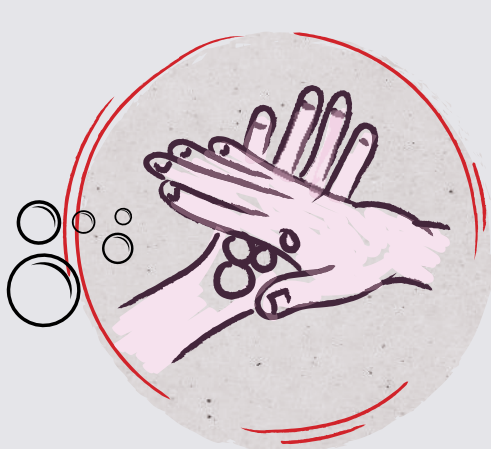
Rub hands palm to palm



Rub between fingers



Focus on your thumbs



Rub the back of your hands



Focus on your wrists



Rinse hands with warm water



Dry hands