

Washing your hands



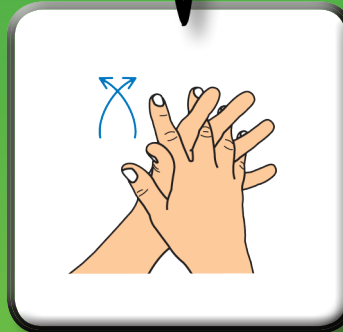
1 Wet hands under warm running water. Add soap.



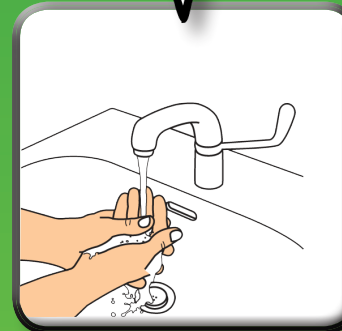
2 Rub hands together to make lots of bubbles.



3 Rub soapy bubbles all around your hands, wrists, in-between fingers and the tips of fingers for 20 seconds.



4 Rinse under warm running water to remove all the bubbles.



5 Dry well with a clean paper towel or hand dryer.

