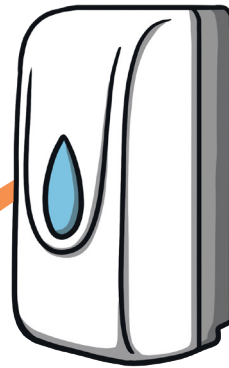


# Washing Your Hands



1. Wet your hands with water.



2. Apply enough soap to cover your hands.



3. Rub your hands together.



4. Use one hand to rub the back of the other hand and clean between the fingers. Repeat with the other hand.



5. Rub your hands together and clean in-between your fingers.

# Washing Your Hands



6. Rub the backs of your fingers against your palms.



7. Rub your thumb using your other hand. Do the same with your other thumb.



8. Rub the tips of your fingers on the palm of your other hand. Repeat with your other hand.



10. Dry your hands completely with a paper towel.



9. Rinse your hands with water.