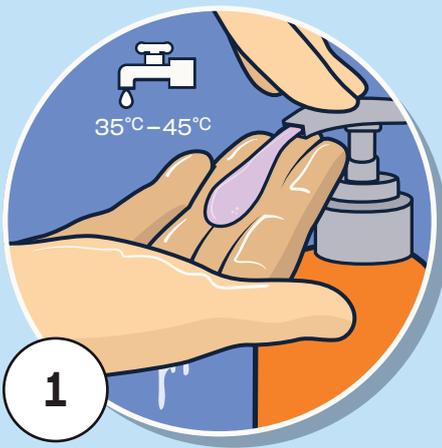
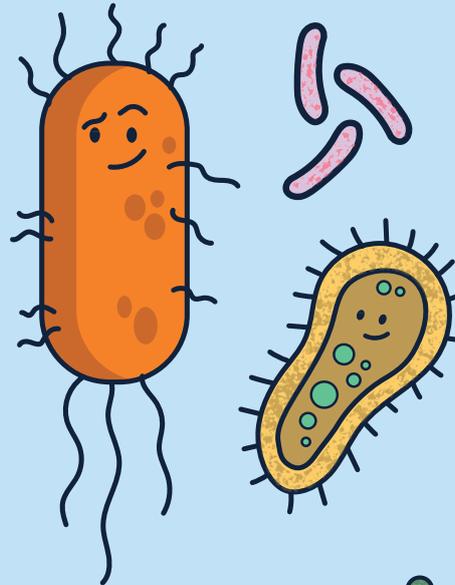


The 7 Steps Of Handwashing



1
Wet your hands with water and apply soap.



2
Rub your hands palm to palm.



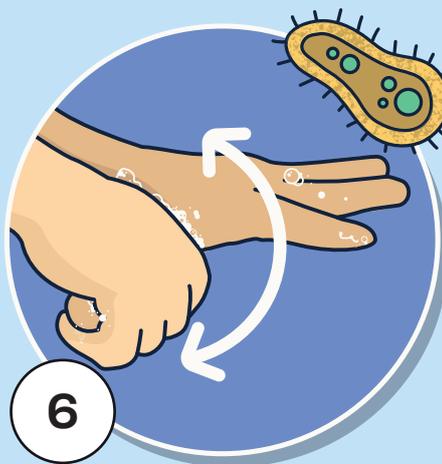
3
With your right palm rub the back of your left hand. Swap hands and repeat.



4
Then, interlace your fingers and rub your palms together.



5
Interlock your fingers and rub the backs of them against your palms.



6
Put your right hand around your left thumb and rub as you rotate it. Swap hands and repeat.



7
Rub your right fingers in a circular motion in your left palm. Repeat with your left fingers.



After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.

Never use reusable towels as you will transfer harmful bacteria back onto your clean hands.

