

# Washing your hands

1

**Wet hands** under warm running water.



2

**Add soap** to help clean and kill germs.



3

**Rub well** for at least 15 seconds.

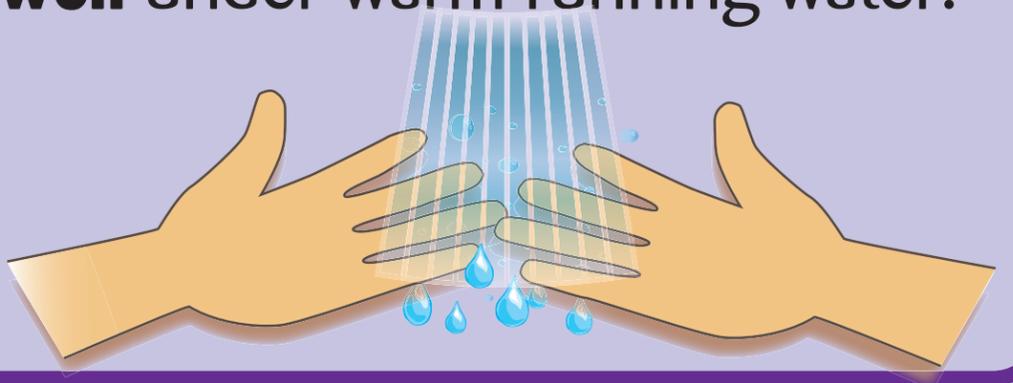


**Remember**  
Rub the front and back of your hands well and between your fingers!



4

**Rinse well** under warm running water.



5

**Dry hands** with clean paper towels.

