

Washing Your Hands



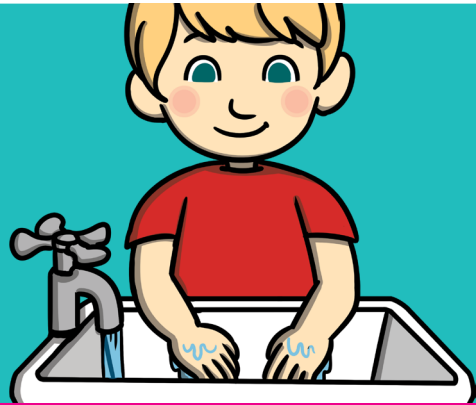
1 Rinse hands with water



2 Apply plenty of soap



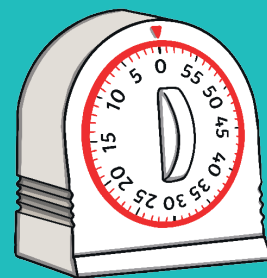
3 Rub your hands together



4 Rinse your hands



5 Dry your hands



20 Seconds

6 Remember to wash your hands for 20 seconds to make sure they are clean