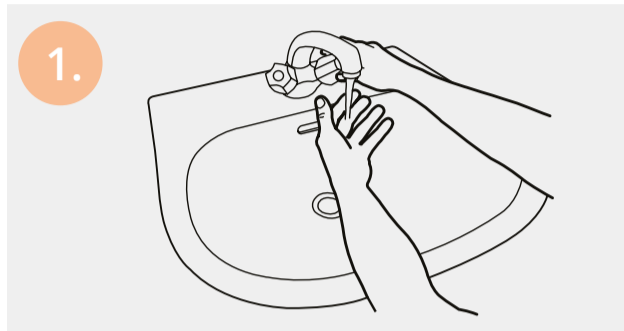
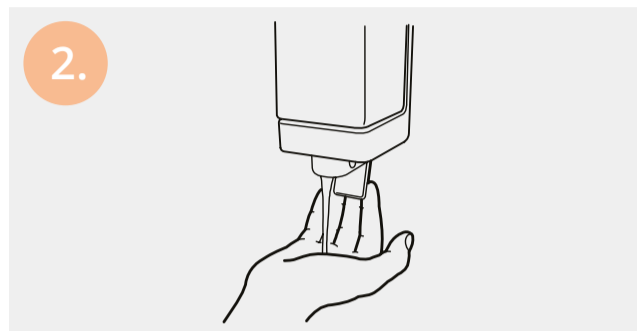


How to wash your hands

Use water and soap. Do it every time after you get home or in case you touched other people, animals or surfaces outside. It's also good to use antibacterial hand gel with 60 % alcohol.



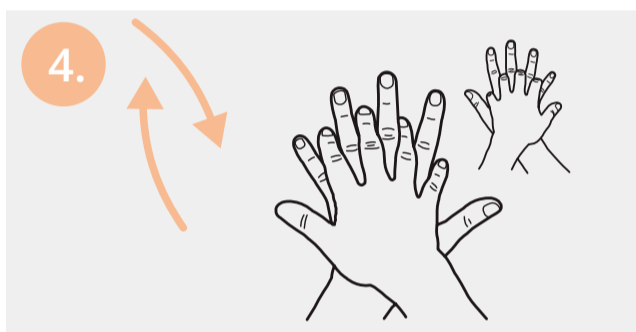
1. Wash hands with water.



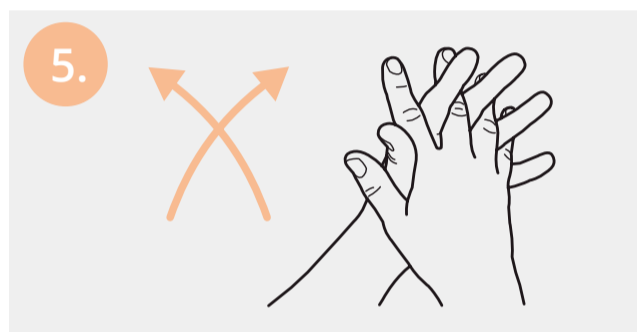
2. Apply enough soap.



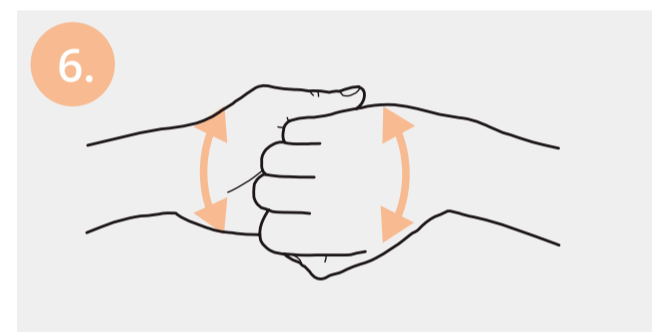
3. Rub hands palm to palm in a circular motion.



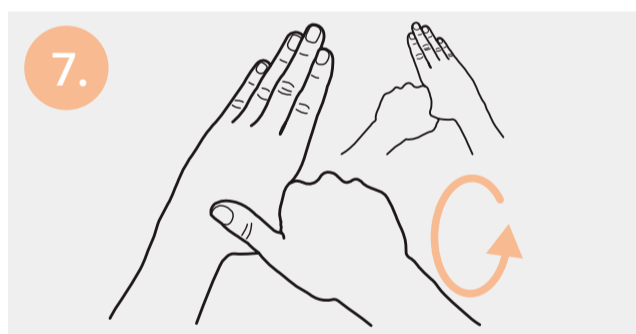
4. Rub the back of each hand with fingers interlaced.



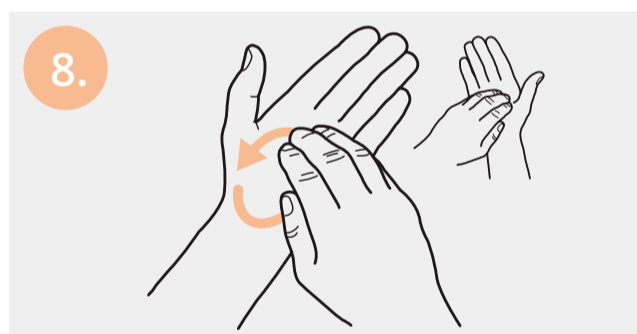
5. Rub palms together with fingers interlaced.



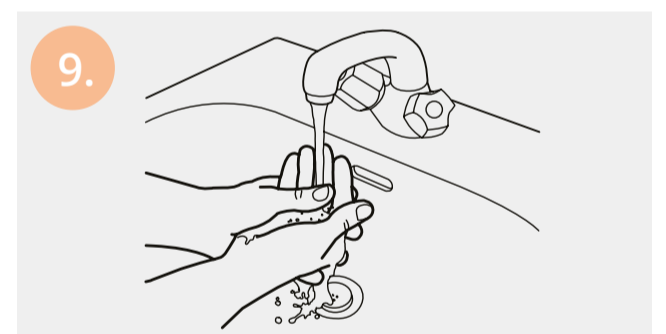
6. Interlock your fingers and rub their backs against each other.



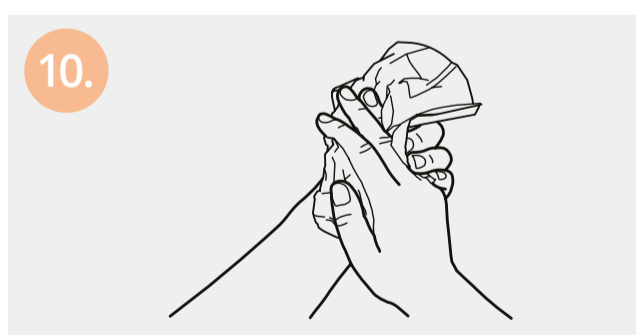
7. Rub your thumbs inside your palms.



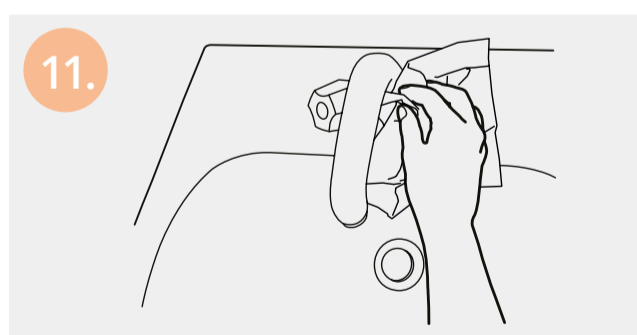
8. Rub your palm with your fingers to clean the spaces between nails and skin.



9. Rinse your hands with water.



10. Dry hands thoroughly.



11. Use a disposable towel to stop the running water.

Source:



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