

7 STEPS TO FOLLOW WHEN WASHING YOUR HANDS

<u>Step 1</u> - Wet your hands and apply enough liquid soap to create a good lather. The temperature of the water should be between 35°C and 45°C.

<u>Step 2</u> -Rub your hands palm to palm in circular motions. Rotate clockwise and anticlockwise.

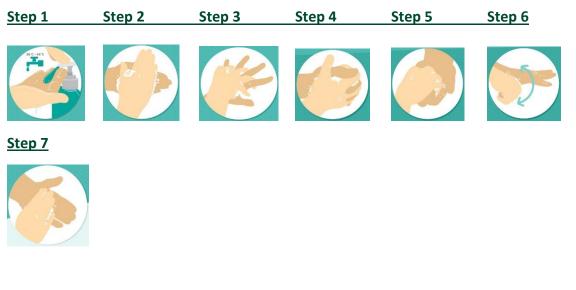
<u>Step 3</u> - With your fingers linked through the other hand, use your right palm to rub the back of your left hand. Then swap

<u>Step 4</u> - Link your fingers together, facing each other, into clasped hands. Then rub your palms and fingers together.

<u>Step 5</u> - Cup your fingers together, with your right hand over and your left hand under. With your fingers interlocked, rub the backs of them against your palms. Then swap.

<u>Step 6</u> - Enclose your right hand around your left thumb and rub as you rotate it, then swap.

<u>Step 7</u> - Rub your fingers over your left palm in a circular motion, then swap.



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