

6 steps of washing hands



Wet hands and apply soap.
Rub palms together
until soap is bubbly.



Rub each palm over the back
of the other hand.



Rub between your fingers
on each hand.



Rub backs of fingers
(interlocked).



Rub around each of
your thumbs.



Rub both palms with finger
tips then rinse and dry
your hands.



Hygiene Council

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