

#### How to wash your hands



Wash your hands frequently to remove germs

> 20 seconds





Turn off tap with arm and air dry hands. Now your hands are clean!



# Do not drink this water!



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# How to wash your hands

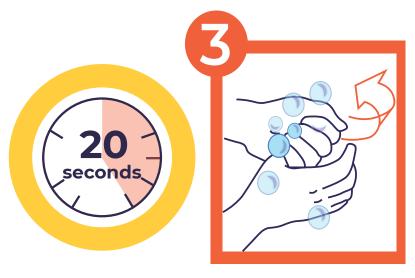




Wet hands with water and apply soap.



Create foam and rub hands completely, in-between fingers, nails and wrists.



Wash wrists, palms and around nails. Wash for at least 20 seconds.



Rinse and air dry hands. Now your hands are clean.



## How to wash your hands





Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hand palm-to-palm and create foam



Rub right palm over left with interlaced fingers, and vice-versa



Rub right thumb in left palm, and vice-versa



Wash wrists, palms and around nails. Wash for at least 20 seconds.



Rinse hands with water. Turn off tap with elbow.



Dry both hands on air, now your hands are safe.

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> 20 seconds

Lather with soap Clean between fingers and nails



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