## How to wash your hands

Wash your hands for at least 20 seconds

1.

Wet your hands and apply plenty of soap

2.

Lather your hands by rubbing them together with the soap

3.

Rub the backs of your hands and between the fingers

5.

Rub your fingertips in the palm of your hand

7.

Dry your hands using a paper towel

8.

Use the paper towel to turn off the tap

