

Washing hands in 8 steps



1 Wet hands with clean warm running water



2 Apply a small amount of antibacterial soap



3 Rub your palms together, (away from the water) and make bubbles



4 Rub your fingers and thumbs and bits in between



5 Rub your nails on your palms



6 Rub the back of each hand



7 Rinse with clean running water



8 Dry with a clean towel or paper towel

