

# CLEAN HANDS = GOOD HEALTH

WASH YOUR HANDS REGULARLY FOR AT LEAST 20 SECONDS TO PREVENT THE SPREAD OF GERMS

1

WET YOUR HANDS THOROUGHLY WITH CLEAN WATER AND USE SOAP



2

RUB PALMS TOGETHER



3

RUB BETWEEN FINGERS



4

RUB THE BACK OF YOUR HANDS



5

CLEAN UNDER YOUR NAILS



6

WASH YOUR WRISTS



7

RINSE HANDS THOROUGHLY WITH CLEAN WATER AND THEN DRY YOUR HANDS

