



# How To

# HAND WASH



 <p><b>1</b></p> <p>Wet hands with water and apply enough soap to cover all hand surfaces</p>	 <p><b>2</b></p> <p>Rub hands palm to palm, up to and including wrists</p>	 <p><b>3</b></p> <p>Right palm over back of left with linked fingers and vice versa</p>
 <p><b>4</b></p> <p>Palm to palm with fingers linked</p>	 <p><b>5</b></p> <p>Backs of fingers to opposing palms with fingers interlocked</p>	 <p><b>6</b></p> <p>Rotational rubbing of left thumb held in right palm and vice versa</p>
 <p><b>7</b></p> <p>Rotational rubbing firmly, with closed fingers of right hand in left palm and vice versa</p>	 <p><b>8</b></p> <p>Rinse your hands with water</p>	 <p><b>9</b></p> <p>Dry hands thoroughly with a paper towel</p>

