

1. Wet your hands with running water.



2. Apply soap



3. Rub your hands together with soap.



4. Lather the back of your hands and between your fingers, and under your nails.



5. Scrub your hands thoroughly.



6. Rinse your hands well under running water.



7. Dry your hands using paper towel.



8. Turn off the tap with the paper towel.



You can also use a clean, dry towel.

