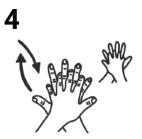
How to wash your hands

Duration of the entire procedure: 40-60 seconds



Wet hands with water



Right palm over left dorsum with interlaced fingers and vice versa



Rotational rubbing of left thumb clasped in right palm and vice versa



Dry hands thoroughly with a single use towel



Apply enough soap to cover all hands surfaces

5



Palm to palm with fingers interlaced



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

11



Use towel to turn off faucet



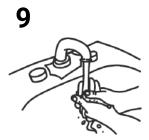


Rub hands palm to palm

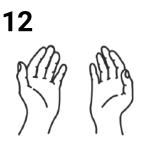
6



Backs of fingers to opposing palms with fingers interlocked



Rinse hands with water



Your hands are now safe



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