

Wash Your Hands Regularly

Create lather with soap and wash your hands as shown below.

Before washing

- ◆ Are your nails cut short?
- ◆ Have you removed your rings and watch?

Check!



Places where dirt easily remains

- ◆ Finger tips
- ◆ Between fingers
- ◆ Around the thumb
- ◆ Wrist
- ◆ Wrinkles on your hand

(1) After creating a lather with the soap, thoroughly wash the palms of your hands



(2) Wash the back of your hands



(3) Carefully wash your finger tips and around your nails



(4) Wash between your fingers



(5) Wash your thumbs in a twisting action as below



(6) Don't forget to wash your wrists



Rinse the soap off with running water and dry your hands with a clean towel