How to properly wash your hands
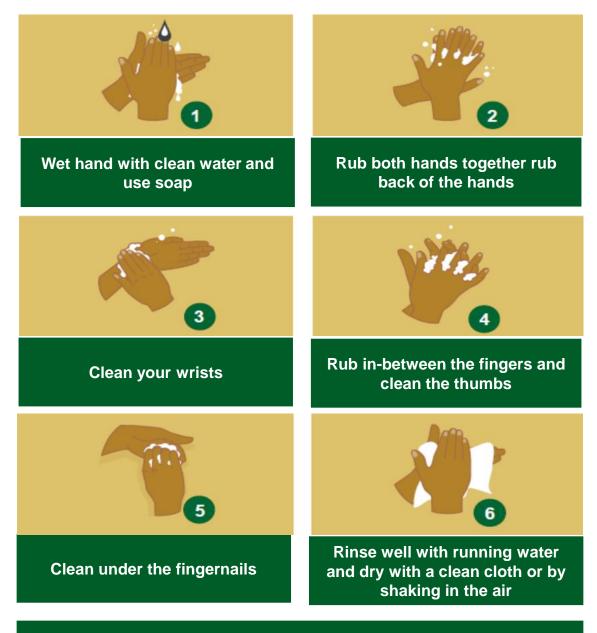
It is important to wash your hands properly to remove most germs on your hands.

1 Wet hand with clean water and use soap

2 Rub both hands together rub back of the hands

3 Clean your wrists

4 Rub in-between the fingers and clean the thumbs

5 Clean under the fingernails

6 Rinse well with running water and dry with a clean cloth or by shaking in the air

Save water and do not leave the tap running

"Make washing hands with soap a habit, it saves lives"