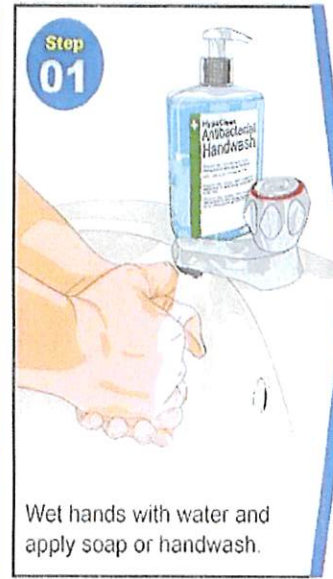


# How To Wash Your Hands

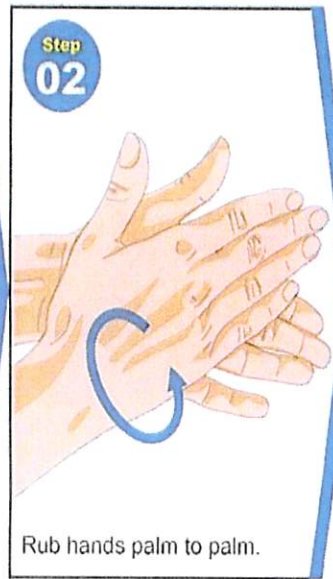
**Step 01**



Wet hands with water and apply soap or handwash.

This illustration shows a pair of hands being washed under a running faucet. A bottle of 'Puritan's Pride Antibacterial Handwash' and a bar of soap are visible on the counter next to the sink.

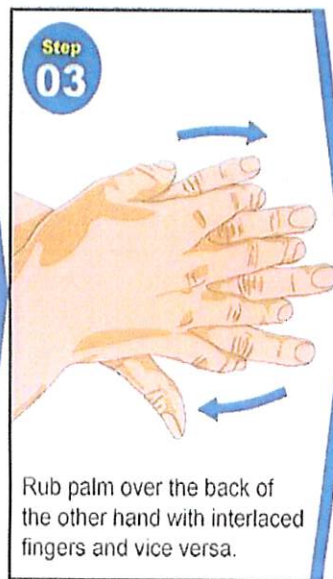
**Step 02**



Rub hands palm to palm.

The illustration shows two hands being rubbed together, palms facing each other. A blue circular arrow indicates the direction of the motion.

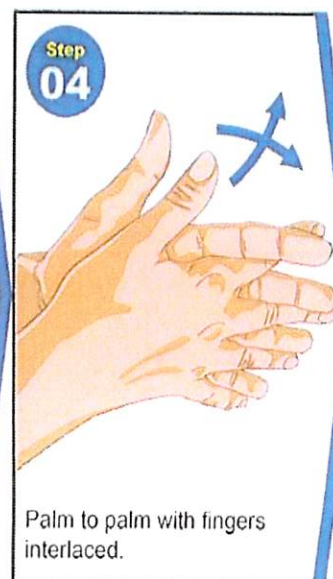
**Step 03**



Rub palm over the back of the other hand with interlaced fingers and vice versa.

The illustration shows the palm of one hand being rubbed over the back of the other hand, with fingers interlaced. Blue arrows indicate the direction of the motion.

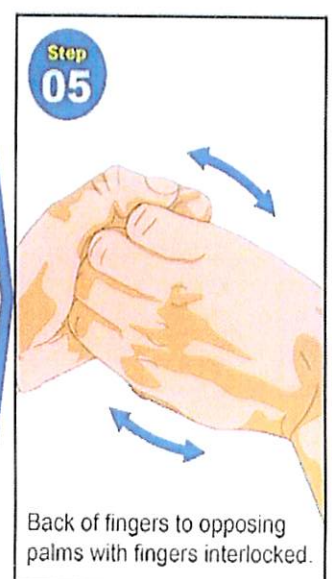
**Step 04**



Palm to palm with fingers interlaced.

The illustration shows the palms of both hands being rubbed together with fingers interlaced. Blue arrows indicate the direction of the motion.

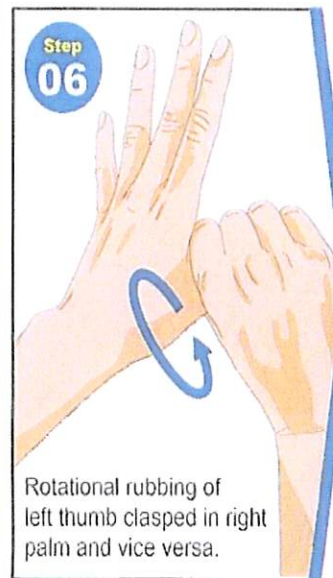
**Step 05**



Back of fingers to opposing palms with fingers interlocked.

The illustration shows the back of the fingers of one hand being rubbed against the palm of the other hand, with fingers interlocked. Blue arrows indicate the direction of the motion.

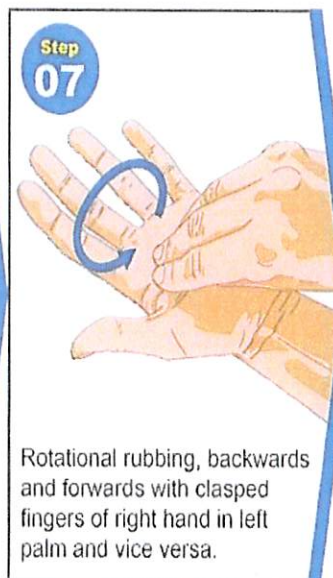
**Step 06**



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

The illustration shows the left thumb being clasped in the palm of the right hand and rotated. A blue circular arrow indicates the direction of the motion.

**Step 07**



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

The illustration shows the fingers of the right hand being clasped in the palm of the left hand and rotated. A blue circular arrow indicates the direction of the motion.

**Step 08**



Rinse hands under running warm water.

The illustration shows hands being rinsed under a running faucet.

**Step 09**



Dry hands thoroughly with a paper towel or air dryer.

The illustration shows hands being dried with a green paper towel.

**Step 10**



Use your elbow or paper towel to turn off the tap.

The illustration shows a hand using a paper towel to turn off the faucet handle.