

# Wash your hands and protect yourself from infections

1. Wet your hands



2. Take soap



3. Rub your palms together



4. Rub the backs of your hands



5. Interlock your fingers and rub them against one another



6. Rub your hands with fingers bent



7. Rub your thumbs



8. Rub your fingertips against your palms



9. Rinse



9. Dry your hands



11. Turn off the tap with a paper towel

