



1

Rinse your hands under clean, warm running water and apply soap



2

Rub your hands against each other



3

Rub palm against palm and make sure to get inbetween the fingers



4

Rub your palm against the back of your other hand. Repeat on both hands



5

Wash both thumbs



6

Wash fingertips and nails



7

Wash both wrists



8

Rinse of the soap, with warm water, and wipe them off



9

Sanitize to make sure you get rid of most bacteria