

Have you washed your hands?



Sing 'happy birthday' twice to make sure you've washed for enough time

1



Wet your hands with water

2



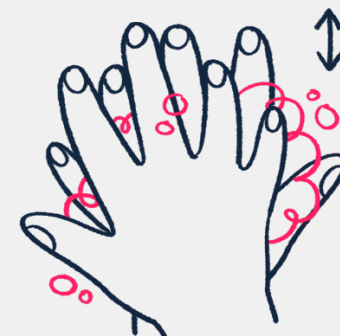
Cover your hands with soap

3



Rub your hands together

4



Rub one hand on top of the other - get between the fingers, then swap hands

5



Rub your palms together and get between the fingers again

6



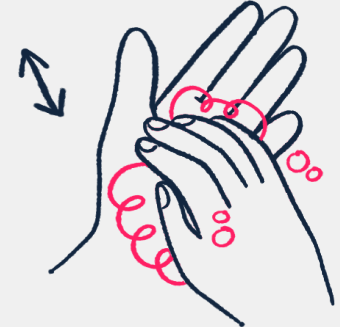
Rub the back of your fingers against your palm

7



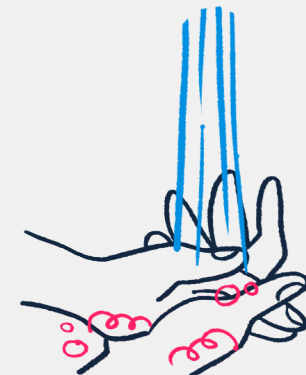
Rub your thumb with your other hand, then swap over

8



Rub your fingertips on the palm of your other hand, then swap hands

9



Rinse your hands to get rid of the soap

10



Dry your hands with a paper towel

11



Turn off the tap using the paper towel