

1 Wet your hands and wrists in water



2 Soap your hands

3 Rub your hands together both, inside and on top of your palms

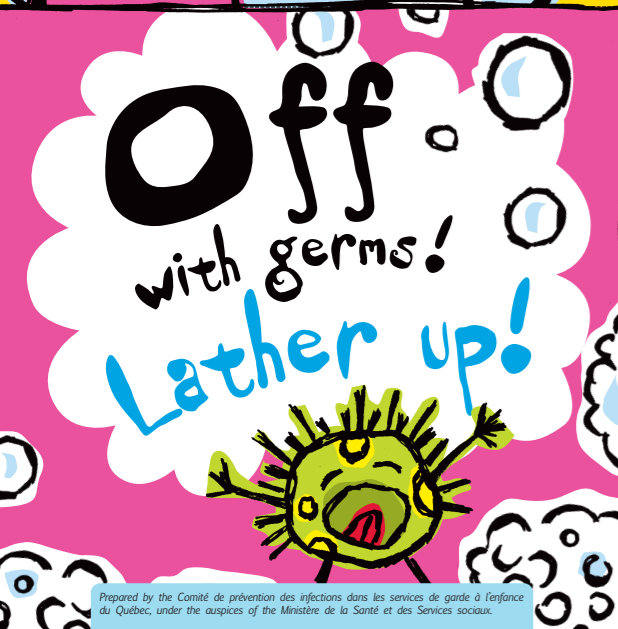


4 Clean thoroughly between your fingers

5 Carefully clean the tips of your fingers and fingernails



6 Don't forget your wrists



7 Rinse with lots of water

8 Dry your hands and wrists with a paper towel



9 Ask an adult to turn off the taps with a paper towel



10 Then throw it in the garbage

