

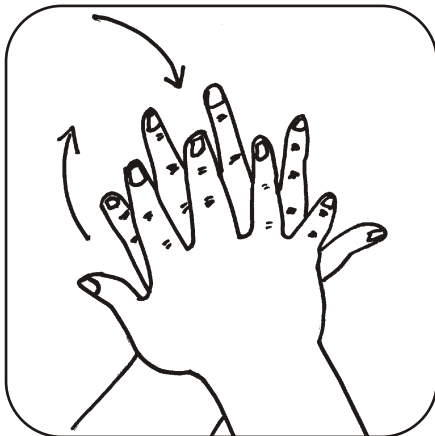
# How to wash your hands well



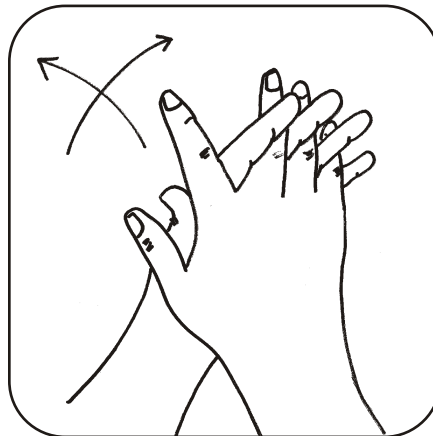
Use soap all over your hands



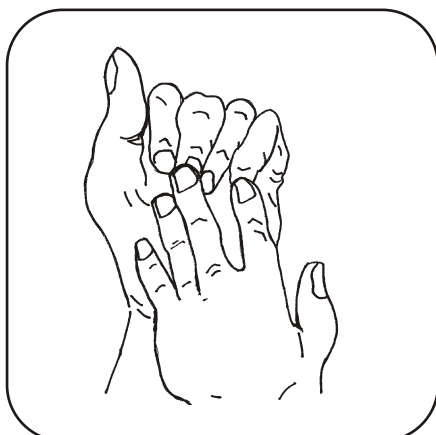
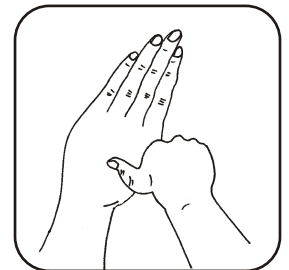
Rub hands palm to palm



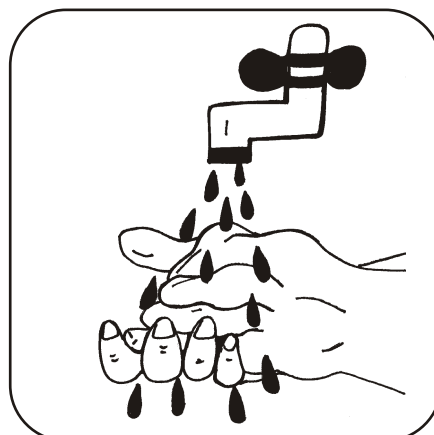
Clean the backs of your hands too



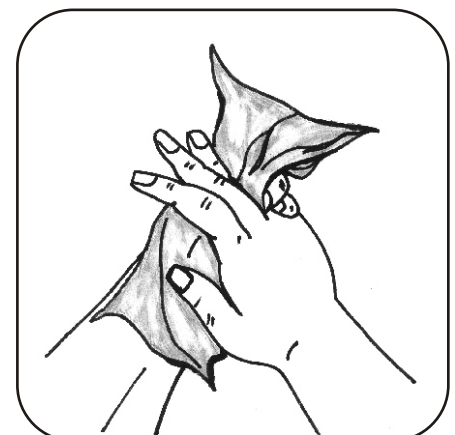
Clean between all fingers including thumb



Clean under the nails



Rinse hands



Dry hands with something clean or air dry

**Clean hands protect against disease**