How to wash your hands well

1. Use soap all over your hands
2. Rub hands palm to palm
3. Clean the backs of your hands too
4. Clean between all fingers including thumb
5. Clean under the nails
6. Rinse hands
7. Dry hands with something clean or air dry

Clean hands protect against disease
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World Health Organization, Regional Office for South-East Asia. 2009. www.searo.who.int