

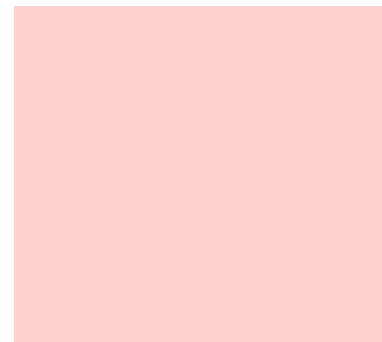
# Wash Your Hands Regularly

Lather with soap and wash your hands as shown below:

Before washing



**Places where dirt easily remains**



- ◆ Are your nails cut short?
- ◆ Have you removed your rings and watch?

Check !



- ◆ Finger tips
- ◆ Between fingers
- ◆ Around the thumb
- ◆ Wrist
- ◆ Wrinkles on your hand

**(1) After creating a lather with the soap, thoroughly wash the palms of your hands**



**(2) Wash the back of your hands**



**(3) Carefully wash your finger tips and around your nails**



**(4) Wash between your fingers**



**(5) Wash your thumbs in a twisting action as below**

**(6) Don't forget to wash your wrists**



**Rinse the soap off with running water and dry your hands with a clean towel**