





1 Apply enough soap to cover all hand surfaces.

2 Rub hands' palm to palm

3 Rub back of each hand with palm of other hand with fingers interlaced.

4 Wet hands with water

5 Rub palm to palm with fingers interlaced.

6 Rub with back of fingers.

7 Rub each thumb clasped.

8 Rub tips of fingers to palm.

9 Rub back of hand with palm of other hand.

10 Rub palm of hand with back of other hand.

11 Rub fingers with palm of other hand.

12 Rub thumb with palm of other hand.

13 Rinse hands with water.