

# Wash your hands - it's easy



## Rinse

Wet hands under running water.



## Foam

Use decent amount of soap.



## Scrub

Lather hands completely for about 20 seconds, also between fingers and fingertips.



## Wash

Cleanse hands well under running water.



## Dry

Wipe hands thoroughly with clean towel if possible tissue.

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1

## Rinse

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## Foam

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## Scrub

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4

## Wash

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## Dry

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