

# HAND WASHING



Rub hands together  
palm to palm,  
spreading the handful  
over the hands

01



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

02



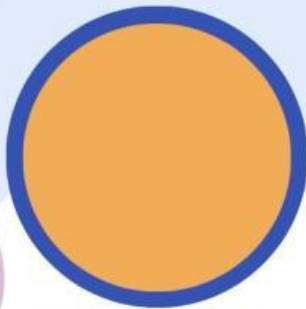
Rub palm to palm  
with fingers  
interlaced

03



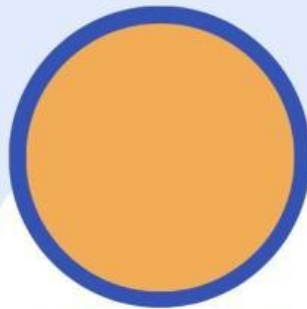
Rub back of fingers  
to opposing  
palms with  
fingers interlocked

04



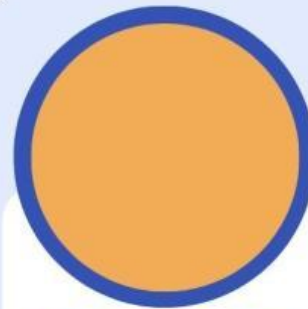
Rub each thumb  
clasped in opposite  
hand using a  
rotational movement

05



Rub tips of fingers  
in opposite palm in a  
circular motion

06



Rub each wrist with  
opposite hand

07