



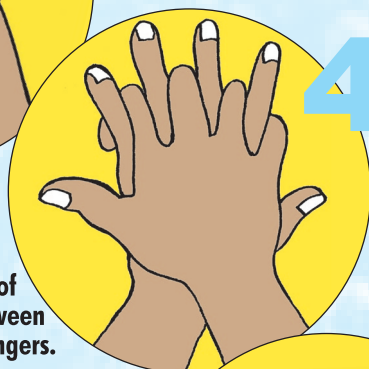
1. Wet hands.



2. Rub soap or ash on the palms.



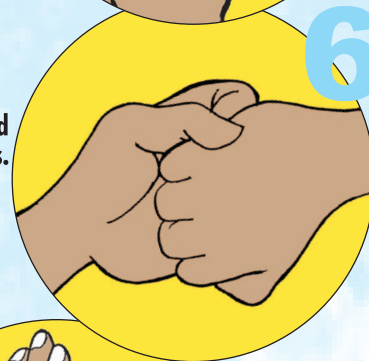
3. Rub palms together.



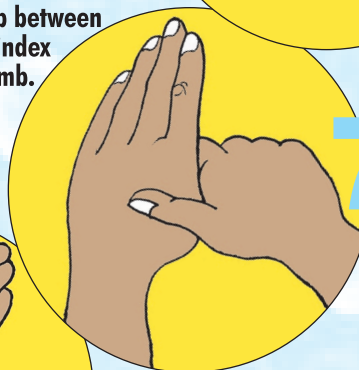
4. Rub outside of hands and between the fingers.



5. Rub inside of hands and between the fingers.



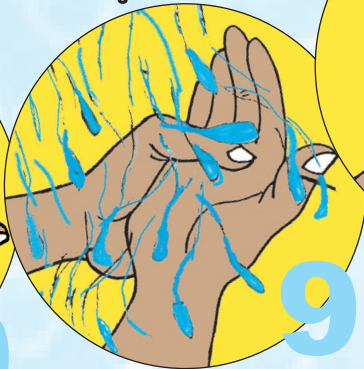
6. Rub the tips and back of fingers.



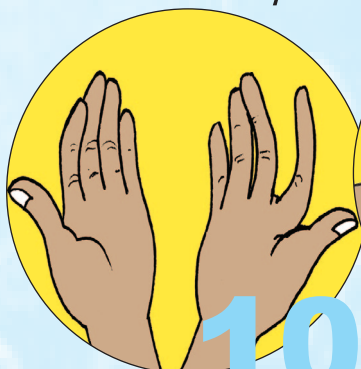
7. Rub between the index and thumb.



8. Rub the fingernails.



9. Rinse hands under running clean water.



10. Shake hands to dry.

# Wash your hands

**Here is how you can wash hands thoroughly to make sure that they are clean!**

**Remember...  
...hand washing is very important for prevention of diseases!**