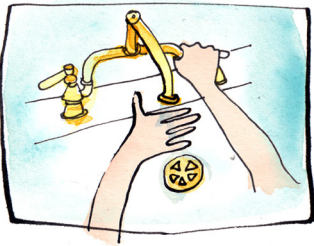


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0.



Use lots of water to wet hands thoroughly

1.



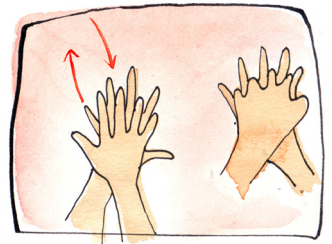
Put enough soap on to cover the surface of the hands

2.



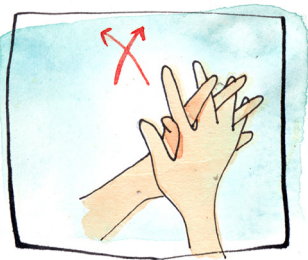
Rub the palms together

3.



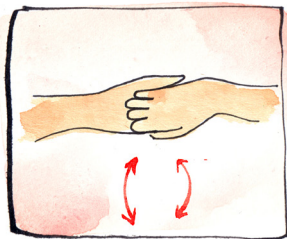
Put the right palm over the left and interlace the fingers. Then do the reverse

4.



Interlace the fingers with palms facing together

5.



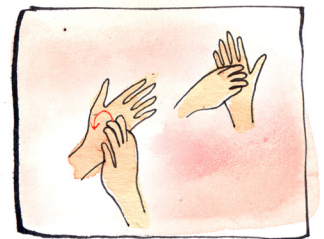
Put the backs of the fingers on the opposite palm and interlock them. Then do the reverse

6.



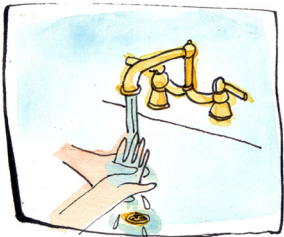
Rub the left thumb into the right palm and then do the reverse

7.



Rub the fingers of the left hand into the palm of the right hand. Then do the reverse

8.



Rinse hands well with water

9.



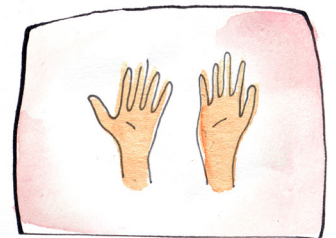
Dry your hands thoroughly with a paper towel

10.



Use the towel to turn off the tap

11.



Et voilà - safe hands

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*BASED ON THE WHO GUIDELINES | ILLUSTRATIONS BY @LYDIA_STARKEY_