



STEP 1  
Rub palms together.



STEP 2  
Rub the back of both hands.



STEP 3  
Interlace fingers and rub hands together.



STEP 4  
Interlock fingers and rub the back of fingers of both hands.



STEP 5  
Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6  
Rub fingertips on palm for both hands.



STEP 7  
Rub both wrists in a rotating manner. Rinse and dry thoroughly.

# Beat the Bugs 7 Steps to Clean Hands

\*as recommended by the World Health Organization



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