

# Good hand washing

Reduces the spread of illness - like colds and flu

Follow these six steps



Wet hands, apply liquid soap, rub hands palm to palm



Rub backs of both hands and between fingers



Rub hands to palm and between fingers



Rub both thumbs with a twisting action



Link hands and rub backs of fingers in palms



Rub both palms with finger tips, rinse hands and dry thoroughly