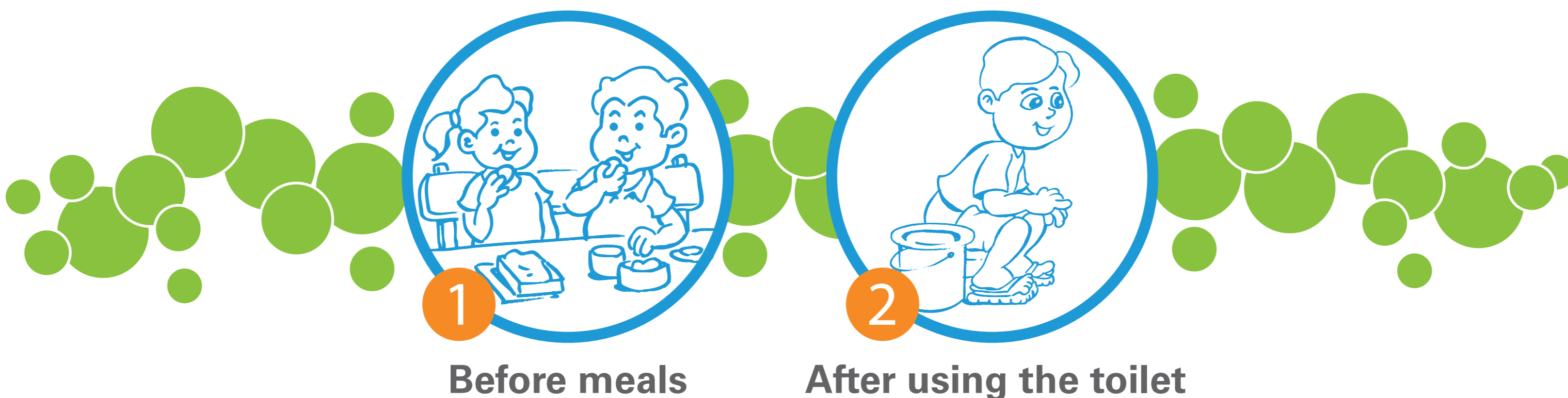




中国疾病预防控制中心
农村改水技术指导中心



When to wash your hands



Six steps to wash your hands effectively

Wash hands for at least 20 seconds



1 Wet your hands with clean, running water. Apply soap and rub palm-to-palm.



2 Rub the backs of both hands.



3 Rub palm-to-palm interlacing your fingers.



4 Rub the thumbs. Right thumb clasped with the left palm, and then vice versa.



5 Rub palms with fingertips. Left palm with fingertips and then vice versa.



6 Rub each wrist with opposite hand.

Our hands, our future!