# How to wash your hands well



**Use soap all over your hands**



**Rub hands palm to palm**



**Clean the backs of your hands too**



**Clean between all fingers including thumb**



**Clean under the nails**



**Rinse hands**



**Dry hands with something clean or air dry**
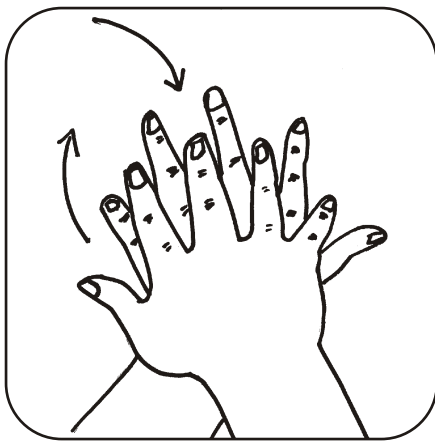
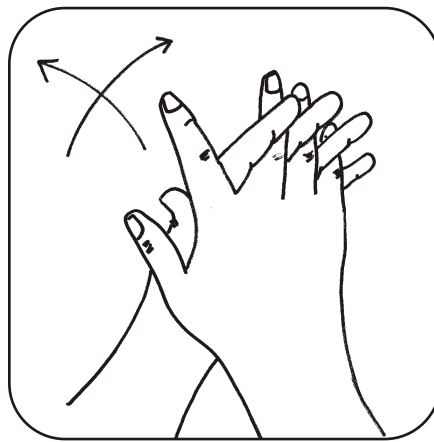# Clean hands protect against disease

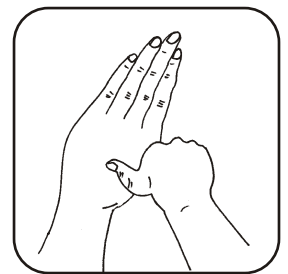# How to wash your hands well

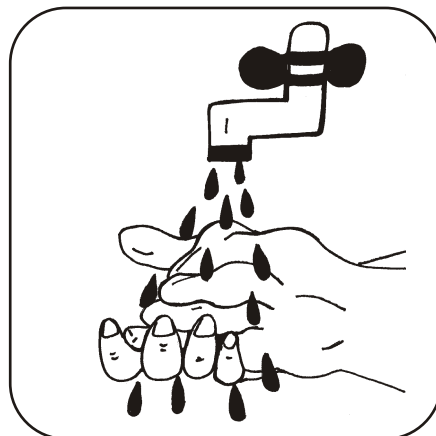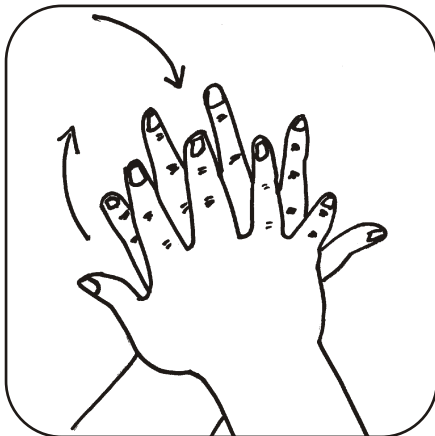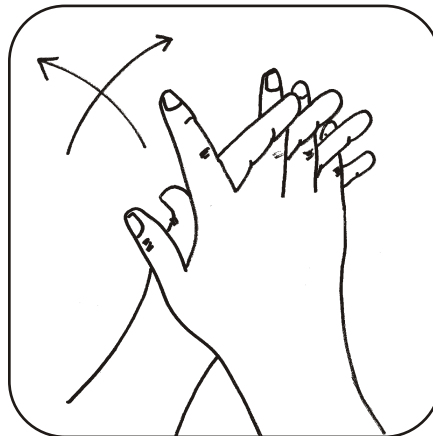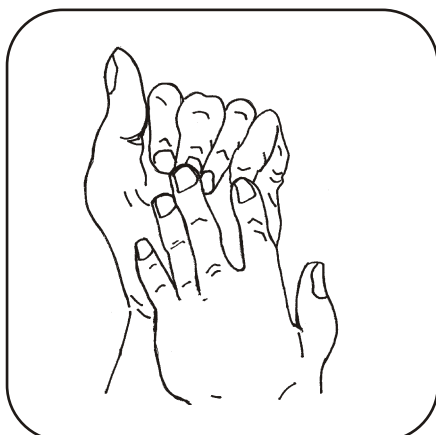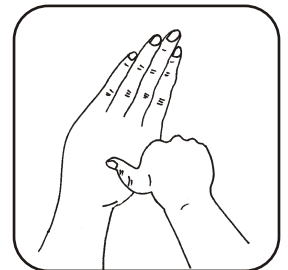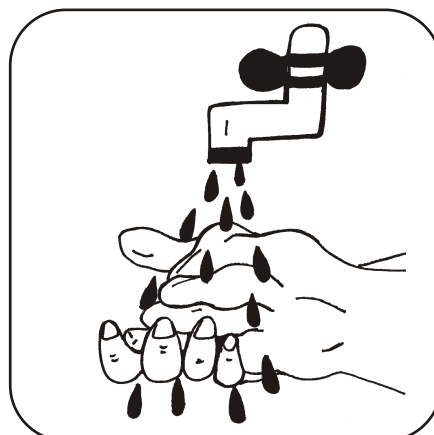Use soap all over your hands

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