HOW TO WASH YOUR HANDS

Handwashing is one of the best ways to protect yourself and your family from getting sick. Here's how to properly wash your hands:

1 Wet hands with water and apply soap.

2 Lather your hands by rubbing them together with soap.

3 Scrub both sides of your hands.

4 Interlace your fingers.

5 Scrub at the base of both thumbs.

6 Scrub both wrists.

7 Wrinse hands.

8 Thoroughly dry hands.

#SafeHands #CleanHandsHero