**How to wash your hands!**

1. Use soap to wash your hands
2. Rub your fingers and palms and spaces between them
3. Scrub your fingers and thumbs
4. Rub your thumbs in your palms
5. Scrub your nails and palms
6. Scrub your fingertips in your palms
7. Rinse your hands
8. Use hand towel
9. Dry hands

**When?**

**BEFORE**
- Working with food
- Dishing up
- Eating

**AFTER**
- Using the toilet
- Using a handkerchief
- Disposing of litter
- Working with raw food