

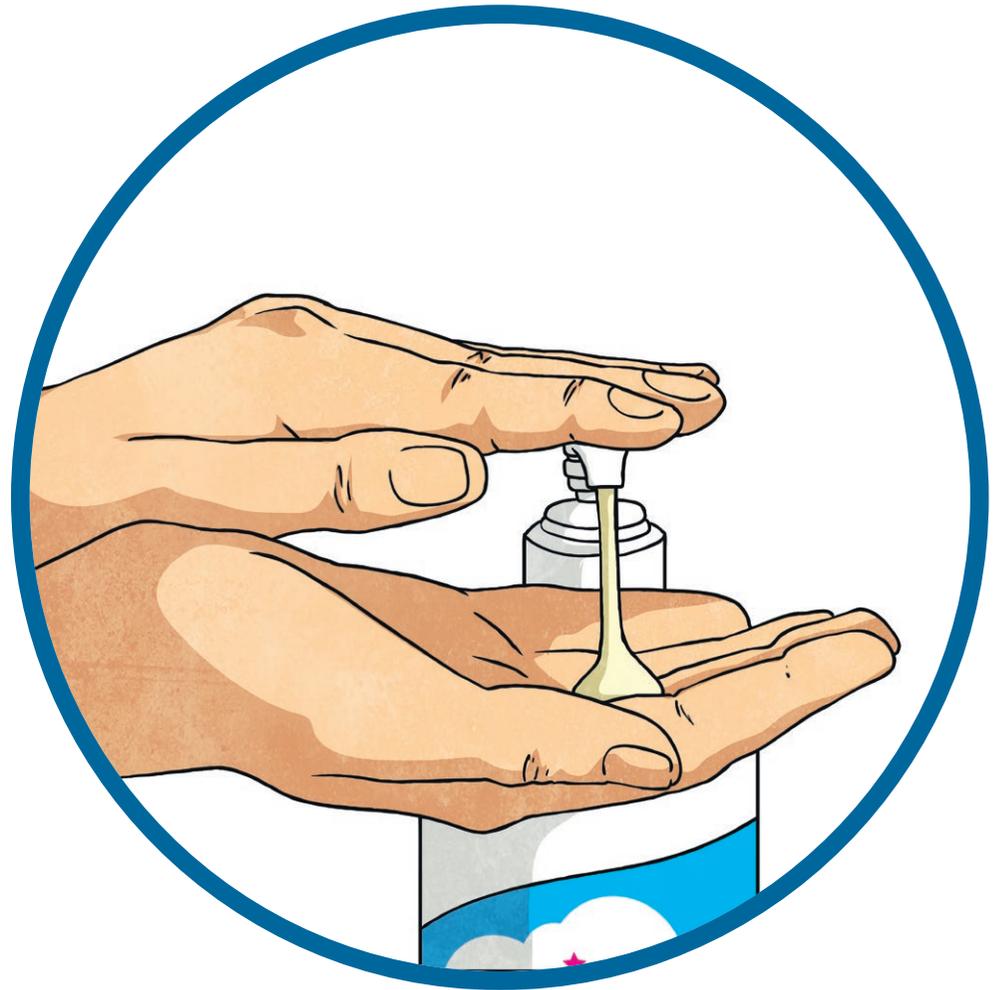
1.

Wet your hands with water.



2.

Cover your hands in soap.



3.

Put the palms of your hands together and rub.



4.

Rub the back of your right hand with your left palm then repeat with the other hand.



5.

Rub the tips of the fingers on your right hand on your left palm. Repeat with the other hand.



6.

Interlace your fingers and rub your fingers between each other.



7.

Rinse your hands with water until all the soap has gone.



8.

You should wash your hands for around 20 seconds, around the length of time it would take you to sing 'Twinkle, Twinkle, Little Star'.



9.

**Dry your
hands thoroughly.**

