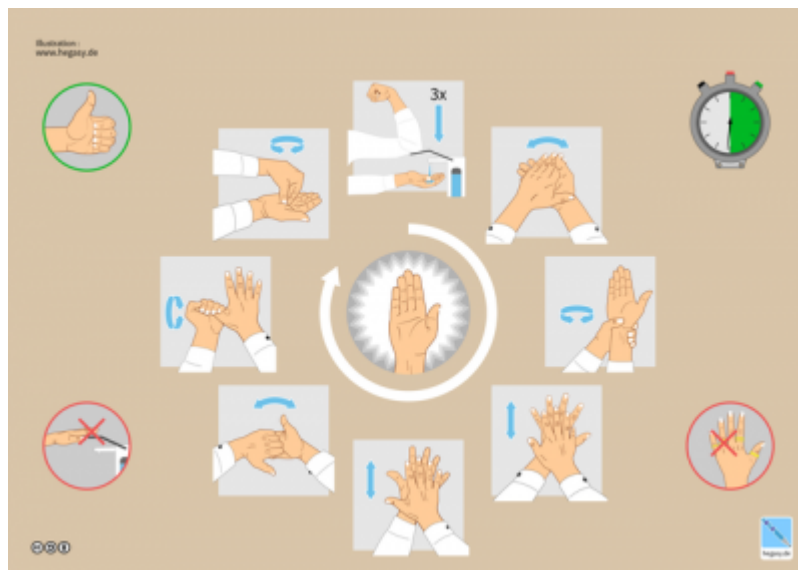


# Five steps to wash your hands

To wash your hands, we need to make 5 moves :



1. Take soap or hydro-alcoholic solution (SHA) and rub your palms together.
2. Rub the palm of your right hand against the back of your left hand, interlacing the fingers, and vice versa.
3. Rub the back of the fingers of one hand with the palm of the opposite hand, holding the fingers together.
4. Rub your left thumb in a rotating motion, catching it with the palm of your right hand and vice versa.
5. Rub the tips of the fingers of the right hand against the palm of the left hand in a rotating motion and vice versa.

<https://www.youtube.com/watch?v=NMmAj1EKdVo>

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