

# Wash hands with 6 poses

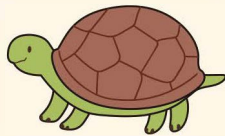


**1** Praying  
pose



Put your hands together and **rub your palms** with soap and water

**2** Turtle  
pose



Put your hand on the back of the other hand  
**Rub your back of hands**

**3** Mountain  
pose



Interlace fingers of both hands  
**Wash between fingers**

**4** Walf  
pose



Don't forget to **clean under the nails**  
Nails can trap dirt and germs

**5** Driving  
a bike  
pose



**Grip your thumb** to wash

**6** Catching  
pose



**Grip your wrist** to wash