

Wash hands with 6 poses

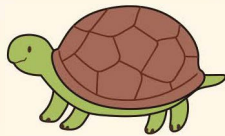


1 Praying
pose



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 Wolf
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