

# ᐱᕐᓂᓂᓐ ᐃᐱᕐᓂᓂᓐ

# Wash your hands



1

ᐱᕐᓂᓂᓐ ᓂᐃᐱᕐᓂᓂᓐ  
Wet hands



2

ᐃᐱᕐᓂᓂᓐ  
Apply soap



3

ᓂᐃᐱᕐᓂᓂᓐ 15-20 ᐃᐱᕐᓂᓂᓐ  
Rub for 15 to 20 seconds



4

ᐃᐱᕐᓂᓂᓐ ᐃᐱᕐᓂᓂᓐ  
Scrub Nails



5

ᐃᐱᕐᓂᓂᓐ  
Rinse



6

ᐱᕐᓂᓂᓐ ᐃᐱᕐᓂᓂᓐ  
Dry Hands



7

ᐃᐱᕐᓂᓂᓐ ᐃᐱᕐᓂᓂᓐ  
Turn off tap and open door with paper towel