



During yesterday's launch of the Schools Hand Hygiene Campaign, Chong Zheng Primary School students are taught the basics of proper hand-washing. ST PHOTO: BRYAN VAN DER BEEK

KEEPING SAFE STARTS WITH: **Washing your hands thoroughly**



1 Rub palms together



2 Rub the back of both hands



3 Interlace fingers and rub hands together



4 Interlock fingers and rub the back of fingers of both hands



5 Rub thumb in a rotating manner followed by the area between the index finger and thumb for both hands



6 Rub fingertips on palm for both hands



7 Rub both wrists in a rotating manner. Rinse and dry thoroughly

E-mail us

If you have a flu-related question, e-mail **Victoria Vaughan of The Straits Times** at vvaughan@sph.com.sg

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