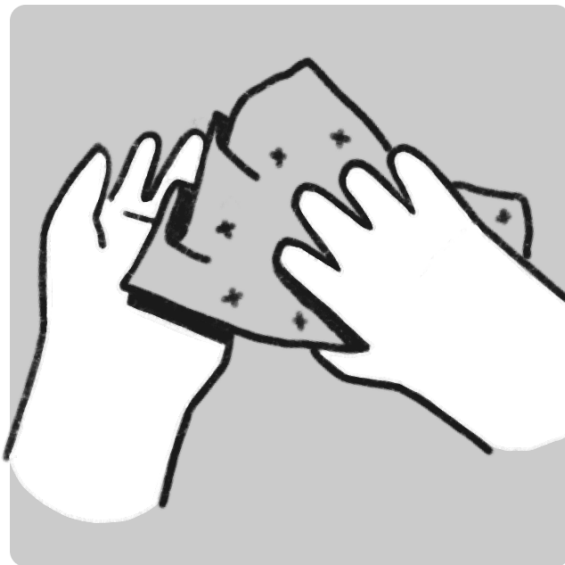**Wet** your hands with clean, running water, turn off the tap, and apply soap. 用干净的水把手打湿，关掉水龙头，擦上肥皂。

Lather your hands by rubbing them together with **soap.** 掌心相对，相互揉搓。

Lather the backs of your hands. 掌心对掌背，相互揉搓

Between your fingers. 指缝相互揉搓。

Under your nails. 双手指相扣，揉搓，清洗指甲。

Scrub your hands for at least **20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice! 互相揉搓至少20秒。 需要计时？ 把生日快乐歌从头到尾哼两次就好了。

Rinse your hands well under clean, running water. 用干净的水冲洗手。

Dry your hands with a clean towel (or air dry). Use the towel to turn off the faucet and discard. 用干净的毛巾或烘手机烘干手。

Ta-da! Your hands are now properly cleaned! 哒哒！现在手就干净啦！

More resources at bit.ly/3gNsER1